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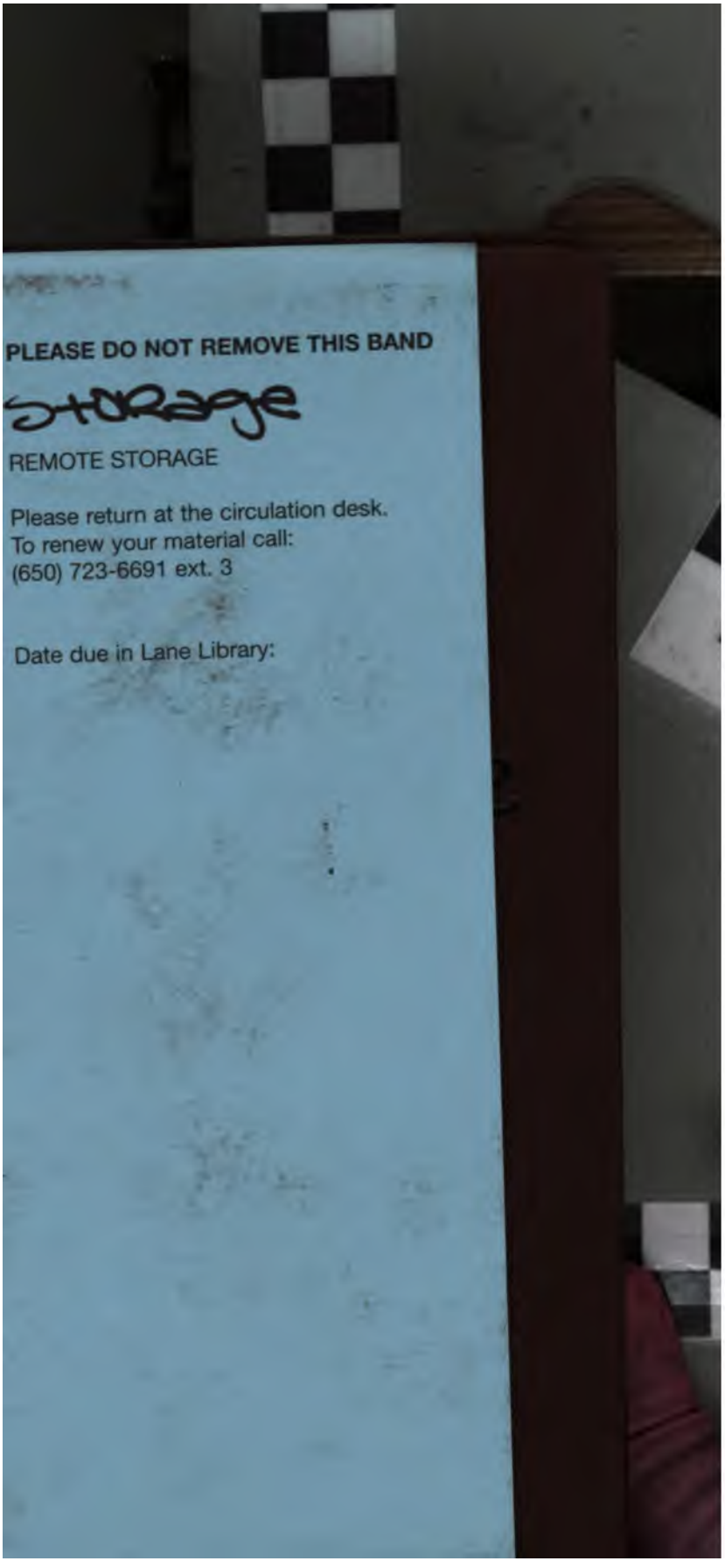
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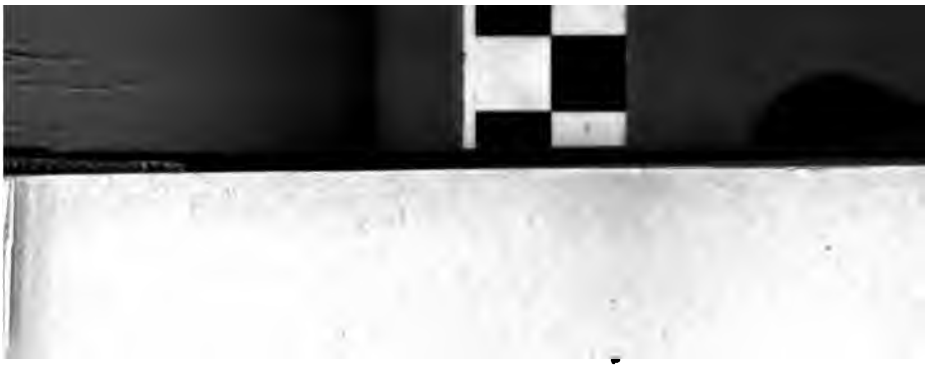

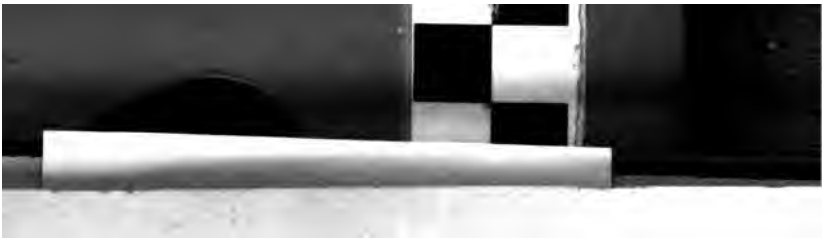

THE FOUNDERS OF VIAVI.

VIAVI HYGIENE

FOR

WOMEN, MEN AND CHILDREN

BY

HARTLAND J. LAW, M.D.

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To the Women

Who Have Secured Health by Means of

The Viavi System of Treatment

and to

Those Who Devote Their Lives

To Its Promulgation

This Volume

Is Respectfully Inscribed.

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VIAVI HYGIENE

CHAPTER I.

LIFE'S RESPONSIBILITIES

WE cannot make of life all that we should, nor get from it all the happiness that we might, unless we understand its purpose; and we cannot acquire this understanding unless we sit down quietly and with brain and conscience study life and its opportunities and obligations with all reverence. Those who waste their lives, who neglect their opportunities, have not the first conception of its meaning.

The Golden Rule Supreme

The first thing we must realize is that life is not a burden to be borne, nor living a task to be done. We must understand that life belongs not to us alone, to be wasted or improved as may best suit our inclinations, tastes or appetites. We are unquestionably designed by Nature to be what scientists call gregarious creatures—that is, creatures that flock together, that have the social instinct strongly developed, and that must therefore have duties to others as well as to themselves. This law of our being is one of the fundamental principles of Christianity and of all the other great religions. The Golden Rule, expressed in one form or another, is as old as human intelligence; it underlies all civil law and is the foundation of governments.

Life Has a Dual Function

The obligations of life divide themselves into two parts —those which we owe to ourselves, and those which we owe to others. Let us take a glance at each of these separately, and see how closely they are dependent upon each other.

We cannot discharge our duty to others unless we first discharge our duty to ourselves. We cannot be useful members of the home, of society, of the government unless we make of ourselves all that it is our duty to make. The responsible person who is negligent of his health, wasteful of his powers and careless of the habits that build or destroy body and character, is not only useless as a member of society, but beyond a certain limit becomes a pernicious influence. Therefore the very first principle of right living concerns our private and personal conduct. We cannot be true to ourselves without being true to others.

Reverence for Life's Source

Then the first lesson in life is right personal living. This is by no means a complicated task. The prime essential to its understanding is reverence for the natural laws of our being. We can acquire this by realizing that life is a wonderful, mysterious and beautiful thing, representing the most exquisite skill and intelligence which Nature exercises. No human being has any right to regard life lightly unless he can show that he is capable of imitating Nature's matchless skill in producing it. The fact that its origin, development and decay are so far beyond human comprehension, to say nothing of the human power of imitation, gives us the starting point for its reverential treatment. From this one consideration alone we must realize that life proceeds from a source to which our feeble perception cannot penetrate in this life. With most of us it naturally is regarded as the source so marvelously great, so incomparably masterful and wonderful, so splendidly wise and just, so majestic in breadth of design and infinity of details, so infallibly accurate in its adjustments and processes, that we instinctively turn to it as the great unseen Father, the beneficent Ruler of all things, and with love and awe in our hearts we approach it with bared heads and on bended knees, and worship it as God. The higher our intelligence, the more we have pondered these mysteries, the stronger is this spirit of reverence within us. Were it not that we instinctively, as well as by reasoning, recognize the necessary existence of this overshadowing power, in whose hands even the greatest of men are but puny atoms which the slightest breath from this overwhelming force would destroy, there would be no religions, and none of the refining and ennobling influences to which they give rise.

A High Conception of Life

The great danger with those of us who have not risen to the highest pinnacle of reverence is that we are apt to revere this unseen and unknowable power itself to the exclusion of its works; we are more apt to have reverence for God than for His works. This is merely because we have not thought deeply enough, have not grasped the elementary principles of life. It is a lamentable fact that there are those who think they are cherishing the profoundest love and reverence for God by praying, by fasting, by singing His praises, while at the same time wasting moments which He has given them for their own improvement and the doing of good to others, and living so unwisely as to undermine their health and strength.

This is the result of cultivating a religion of the heart while neglecting that of the mind. Religion that is purely emotional is not intelligent—it is not true religion. We cannot love and reverence God without loving and reverencing Nature, and we cannot love and reverence Nature unless we un-

derstand so much of it as is essential to intelligent living, and we cannot acquire this intelligence without study and contemplation. When a friend whom we love dearly gives us a present, merely for the purpose of showing his affection for us, and not for the purpose of enriching us, it is the giving that we appreciate more than the gift; but when a friend presents us with a gift of great value to us or to him, or to both of us jointly, then it ceases to be a simple gift, and becomes a trust. Then, while we are grateful to the giver, we turn assiduous attention to the gift, and develop its possibilities, making it produce all the benefits for which it was intended and of which it is capable.

Possibilities of the Trust

It is so with life; it is more than a gift—it is a trust. If it were a trivial present, of no particular use to us, our feeling would naturally be limited to gratitude for the giver's expression of affection in presenting us with it; but life is the greatest of all possible gifts; it is all that we are. And besides that, it is a most wonderful and complex thing, dazzling in its capabilities, brilliant in its possibilities, and constituting the greatest of the forces through which Nature, or God, or whatever other term we may use to designate the giver, makes its presence and purpose manifest. Therefore it is the greatest of all conceivable trusts; and hence, while loving and venerating the source from which it came, we cannot show loyalty and gratitude unless we put our hearts and minds into the task of developing the possibilities of the trust. This idea is beautifully illustrated in the parable of the talents. The one who buried his talents imagined that he was showing the highest form of gratitude to his master by placing the gift in a safe place; but the master condemned him, and praised the one who invested his talents. The first one regarded his talents as a gift, the second regarded his as a trust. That difference reaches to the very foundation of life.

Nature's Laws Must be Obeyed

The amazing ignorance of the great masses of humanity concerning the simplest natural laws of their being is painful evidence that they have not been properly taught. It is in youth that the seed of disease is sown; it is in middle life and old age that the harvest of suffering is reaped. It is in youth that the sins are committed; it is in middle life and old age that the punishment is imposed. If violation of natural laws brought immediate penalties, they would be avoided. In many cases such is the fact. An infant will never be satisfied until it puts its finger in the candle, but the punishment for the indiscretion is so immediate that one experience is sufficient for a lifetime. But for many of the diseases that shorten life or fill it with uneasiness and anguish, the slow punishment comes after the lapse of years. Because the young and those in

vigorous health see no immediate bad results from their deliberate violations of natural laws, they conclude that their acts are proper and natural and that no punishment will accrue. It is thus easy to fall into the way of repeating the offense, in ignorance of the fact that every one of them will be punished in the years to come.

Wholesome Results of Knowledge

One who has acquired an understanding of right living is not only strong and wholesome and clean for the discharge of those duties which make one a useful member of the family and society, but his or her example is an instruction and an inspiration to all others. Example is one of the most powerful factors in life. This is because we are social and imitative creatures. There is none so obscure or humble but that his example is a directing force in the lives of others. Hence there is none free from responsibility to others. A good example inspires to right action, and a bad example suggests the expediency of evil.

The Great Power of Wisdom

Everything that we do is either right or wrong. There is no middle ground. Nothing that we do has a negative value. If we are not doing right we are doing wrong. If we are not setting a good example we are setting a bad one. If we are not useful we are injurious. Those who live clean, intelligent, upright lives induce others to do likewise. Those who show that they have knowledge lead others to seek it. Those who exhibit wisdom are relied on and appealed to, and their influence is the greatest that human beings can exercise. It is one's duty to be as useful as possible, and this duty cannot be discharged unless the intelligence is cultivated. It is not hard to learn—it is never really hard to do one's duty, and it is one's duty to learn. The more one knows, the more intelligently one can live, the happier and more useful one can become.

Then, to sum it all up, it is necessary, first, for us to regard life as a trust rather than as a gift; to revere it as the handiwork of the Creator; to study natural laws in order that our understanding of them may lead us to have reverence for them as the foundation of intelligent obedience to them; to cherish our strength, powers and capabilities, and make the utmost that is possible of ourselves; and finally to do good by example and positive effort.

Chapter II.

THE LAW OF HEREDITY

ONE of the most familiar facts in Nature is that like produces like. Rose bushes are never propagated from fig trees. Human beings produce human beings, and nothing else produces them or can be produced by them. That fact establishes the law of heredity. In its stricter application the law means the transmission of special qualities. In this sense it does not mean alone that black parents will produce black children, brown parents brown children, and white parents white children. It means, in the more restricted sense, that special qualities in the parents will be represented in the children by tendencies to the development of those qualities. It is very difficult to draw the line between broad and restricted tendencies thus transmissible and transmitted. But the fact that broad characteristics, both physical and mental, are transmitted, to our certain knowledge, creates the presumption that a child will be born with a tendency to develop any strength or weakness that one or both of its parents may possess.

A Striking Lesson in Heredity

This tendency appears in the most unexpected and curious forms. Thus, one or two or more generations may be skipped, when a child will be born with the characteristics of a grandparent, a great-grandparent or even a remoter ancestor. This means that the peculiar characteristic handed down to it has existed but lain dormant in its parents or other intervening progenitors. Again, a child may be born with a characteristic that was really foreign to the blood of its progenitors, but was instilled in it by their occupation. For illustration, it was discovered in the case of Jesse Pomeroy, the boy murderer, that although his parents were excellent persons, his father was a butcher and his mother was in the habit of visiting the shambles for several months before the child was born. Neither of these parents had ever developed a homicidal tendency, and yet they were both so inured to the taking of lower lives and the shedding of blood, that it is conceivable that this habit was translated in the child into a homicidal tendency.

As Mothers, so Children

There is no fact more patent to Viavi advocates than that an ailing, peevish mother will likely produce a child that has a similar disposition, and that is made the victim of outrageous drugging for physical ailments that never existed. We cannot expect blood from turnips nor figs from thistles.

A farmer, in selecting plants from which to save seed for the next year's planting, never makes the mistake of choosing them indiscriminately, nor does he defiantly select the weakest on the theory that it makes no difference. If he has good common sense he will select the finest, largest and strongest plants to furnish seed. It is by pursuing this method that improved varieties are constantly being brought out. This law runs through Nature in all its most familiar aspects, and there is no gainsaying it.

Their Influence is Strongest

Hence we are compelled to believe that the strongest and finest parents will produce the strongest and finest children. Indeed, it is an old aphorism that "the mothers of great men have themselves been great." This is in recognition of the fact that mothers have much more to do with the transmitted qualities of children than fathers have. The reason for this seems clear. The child is a part of the mother's body during the whole nine months of gestation, and as such part it receives the nourishment which she chooses for herself, has the same blood in its veins that fills hers, and is subject to all the nervous conditions that affect her. After the birth the physical relation is maintained to a slighter degree in the fact that the child draws its nourishment from her breasts. Even after all that comes to an end, she is the natural and constant custodian of the child, and as imitation is an essential part of our natures, its character will be moulded in a large measure by hers.

So we see that, important as heredity is, it is not the only influence that the parents have on the welfare of the child—guidance, association and example are very important considerations. A fuller discussion of that, however, may be left for a separate chapter.

Source of Manly Strength

It being an evident fact that heredity plays a vital part in the character of the child, let us inquire what its manifestations may be.

The first and most evident truth is that physical qualities are transmitted. Thus, blond parents have fair children. As a rule, large parents have large children, or children who grow to be large. Parents descended from a line of hard manual workers will have children with large, strong bones, even though the parents or grandparents or great-grandparents may never have performed any hard manual labor. We all know that the ranks of the achievers in life—

those who rise to the heads of great enterprises and movements—are recruited from the ranks of people who have lived for generations under simple primitive and wholesome conditions. Most of the statesmen and great generals of the world's history came from what may be termed the yeomanry. It requires a superior order of character and intelligence to live wisely among the distractions and dissipations of cities, and that is why so small a proportion of great men come from parents who are descended from a line of city-living people.

Natural Effort Is Upward

People who live natural, intelligent lives are likely to be healthy, no matter what weaknesses they may have inherited, for the reason that Nature's efforts are always bent to correct errors and produce a higher type. A good deal of bad living is required to overcome this natural tendency, but most people live a good deal worse than they think. These remarks are deemed timely for the reason that if people come to rely too much on heredity they will rely too little on themselves. Some people exhibit the weakness of assuming that as they are the product of their ancestors' way of living, it is useless for them to try to be anything else. The illogical nature of the position which they take is evident from their premises: If they are the product of their ancestors' way of living, their ancestors themselves were; therefore in a measure every one is the product of one's own way of living. This is eminently true. And as our ancestors have handed down certain tendencies to us, and we realize that those tendencies are bad, that places us under the strongest kind of an obligation to live in such a way as to transmit only good tendencies to our offspring. So it is evident that no matter from what point of view we regard this subject of heredity, the manner of living is an essential part of it.

Vital Force is the Foundation

While size is an element of no value in the ordinary struggles of life, strength is. By strength is meant not only good bone and muscle, but that deeper strength which is found in the ability to resist the evil influence of conditions which militate against strength. If one takes cold easily one is not strong, though one may be able to fell an ox. Men of apparently splendid physical development are seen to succumb under conditions which seemingly much weaker men resist. It is so with women. Hence by strength is meant vital energy. A turtle's head may be severed and the heart taken out, but the heart will continue to beat for a long time; this shows tremendous vital force, infinitely greater than a human being's. At the same time, we often see in human beings so powerful a vital force that it holds death at bay for hours or days longer than a weaker person could possibly live. It is not merely a question of will

force; it is one principally of vital energy—that which is born in us, which was handed down to us, and which we in turn may transmit.

Now it must be clear that this abundance of vital energy is one of the most useful qualities that it is possible for us to possess. If we have the inherent power to resist death and keep it at bay, we have the power to resist disease. Disease may be described as a condition of partial disorganization of the vital functions. There would not be such a partial disorganization if the organism were perfect. In that event we should never die of disease, but, like the one-hoss shay, should be so perfectly constructed, so admirably fitted and adjusted, that all the parts would last the same time, and the end would be just as it was with the shay. During all the long years of its arduous and useful life it never needed repairing; it always attended to its work; it was never cranky. But there must be an end to all things. The time came when the faithful shay was completely worn out, but instead of lingering and being patched up against the inevitable day, it went to pieces all at once, every part and member of it. That was an ideal death, and it is the death that Nature intended us all to have. But how many people go out of the world so splendidly as that? Most old people die of some disease, after much suffering, and that is a sad commentary on human intelligence.

By living aright we can inculcate within ourselves the natural power to resist disease, and by cultivating it in ourselves we can transmit the tendency to others. There is no other way in which we can accomplish either of these things.

Physical Soundness Essential

But heredity reaches much further than that. If one set of qualities can be transmitted another can. Our mental qualities are in a large measure limited by our physical. There are a great many exceedingly bright persons with weak and ailing bodies, but we can well imagine that their minds would be a great deal stronger and brighter if they had great physical stamina. And the worst of it is, that although some of the brightest geniuses of the world have had weak and sickly bodies, the work which they did with their heads rarely has had an ennobling and refining influence, it has been largely misanthropic, or distorted, or lacking in balance. It will be noticed that a great majority of the best workers for mankind have had splendid bodies.

The Mind Hampered by Disease

There seems to be a distinction between mental qualities and emotional ones, and the rule seems to be that particular emotional qualities are oftener transmitted than particular mental ones. This may be because the emotions are more primitive. But as the emotions are a powerful factor in determining the value and char-

acter of the mental qualities, it is evident that in order to secure the transmission of the best mentality, the soundest emotional natures must be cultivated. Now, the emotions have a strict relation to the physical condition. A woman with a very strong, bright mind may become hysterical from some disease peculiar to her sex, and if so all her mental qualities go for naught. The nervousness which so generally afflicts women is not associated with mental powers, but has the effect of hampering them and preventing their development.

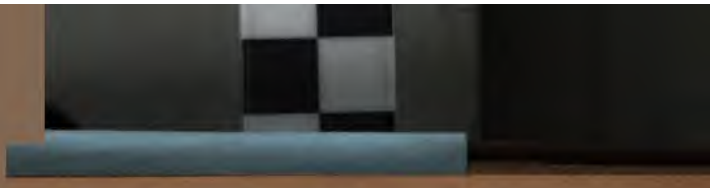
How Parents Affect Children

If we violate natural laws, knowing our acts to be violations, we transmit to our children the tendency to do likewise. Doubtless much of the suicide among children, and particularly girls, is due to the fact that their mothers practice methods to evade maternity. Abortion is the deliberate taking of human life, and its practice tends to the transmission of a disregard for the sacredness of human life.

As a sound mind goes with a sound body, it is essential that we cultivate sound bodies if we desire to bear children with sound, level, competent minds.

Morality Ruled by Heredity

There is still another phase of the subject, and that is the transmission of moral qualities. This goes so closely with all else that we transmit that it seems hardly worth while to make a special point of it—it must be evident to all thinking persons that immoral habits of thought and conduct produce a like tendency in offspring. It is much easier for the morals to go wrong if the body and mind are weakened by disease, and if they go wrong in us we may expect them to do likewise in our children. There are deformities of the mind and morals as well as of the bodies, and they are much more easily transmitted. If we try to do right and to think right our children will inherit the tendency to strive for the same ends. Every one of us stands between two eternities—the past and the future. In each of us is implanted the natural tendency to be better than our progenitors. It is our duty to recognize this tendency, to cultivate it, to make the utmost out of it. In ourselves, in the short span of life allotted to us, we can begin a tendency which will turn aside all the evil tendencies which we have inherited, and in so doing we can be starting a new line of good tendencies stretching throughout the eternity before us. Our lives are not for a day, not for the few poor years allowed us. The influence of each stretches forward forever.



CHAPTER III.

ENVIRONMENT.

THE two factors determining what we are and what we make of ourselves are heredity and environment. Heredity is the essential part of our nature that comes to us with our birth; environment is the external circumstances of our lives. The traits and tendencies which we inherit have been transmitted to us by our progenitors—our parents, grandparents, great-grandparents, and so on back indefinitely. The nature of these traits and tendencies has been determined for us, without our volition or consent, by the lives which our progenitors led. Many of these traits and tendencies are good, many others are bad; but it is a wonderful law of Nature that the good tends to overcome the bad, whether physical, mental or spiritual. It is a knowledge of this fact that makes us responsible creatures, for we know that by cultivating the good and suppressing the bad we can constantly grow better and steadily tend to arrive at human perfection. If we did not have a knowledge of this natural tendency we should not be responsible creatures, should not be endowed with a conscience, and should have no incentive to be good other than a fear of the consequences of being bad. But as habit is a powerful factor in determining the development of character, we may easily fall into the habit of ignoring what is good in our heritage, cultivating what is bad, drowning the conscience within us, and thus drift into evil which leads to ruin.

Two Forces Operate Together

Heredity both affects and is affected by environment. A strong inherited character has the ability to bend and shape the circumstances of life to suit its own wishes and demands. Many of the greatest achievements of men have been accomplished under the most disadvantageous circumstances. Burnham, the brilliant American astronomer, was a hard-working court stenographer, having time to study astronomy only at night, and with the aid of a small telescope which he himself mounted in the crudest fashion; yet with this equipment of time and apparatus he became the greatest discoverer of double stars that the world has produced. History is full of such cases. The stronger the inherited traits, the greater the ability to overcome disadvantageous circumstances. Hence the truth is put before us in all its tremendous force that if we wish our children and children's children to be great in the struggle of life, we must contrive by every exercise of brains and conscience to see that they inherit from

us all the strength and health and will that it is possible for us to transmit to them by intelligent living.

How Will Power Is Instilled

On the other hand, a nature born with a feeble will and no ambition nor pride will yield most readily to the influence of its environment. It frequently happens that this environment is wholesome and uplifting, but this is opposed to the general scheme of Nature and to facts as we know them. We all know that to be born with a silver spoon in the mouth is oftener a curse than a blessing. All religions understand the value upon character of the practice of self-denial and the performance of hard and ceaseless labor. All the saints in all the calendars led lives of the severest austerity, activity and self-abnegation. To be born to a life of ease means generally to be born to a life of idleness, and we all know that idleness is the father of most of the evil in the world. If it does nothing worse it prevents a development of the good within us, which needs exercise for its growth and strength. It is common to the knowledge of all that a large proportion of the sons of millionaires are little more than social outcasts, and that many of them die in youth or early manhood.

Strength Needed for Existence

It is a law of Nature that every living thing must be put upon a strain. If it is not sufficiently strong to bear the strain, it must break and give room to something that is. Nature is a swarming beehive of tremendous and ceaseless activities. Idleness is a disease within its economy, and it will leave nothing untried to thrust it out. The stress and strain are constant and severe. Social and business usage naturally acquires the same characteristic. Competition is as strenuous in every department of life as among the shrubs and trees of the forest. From this competition come strength, agility and courage. If the strain is greater than can be borne, we go down and are lost and forgotten.

A Fault in Modern Education

Habit comes largely from environment. As we are social creatures, we are imitative. The son, instinctively longing to be a man like his father, will imitate his father's vices as readily as his virtues. Young men thrown together in cities and colleges drift into a common way of thinking, talking and acting. A curious determining factor here introduces itself. A thing becomes a temptation because it is forbidden. The fault with the general system of instruction is that it pays more attention to prohibiting a thing than to explaining why it is pernicious. The natural spirit of enterprise and discovery in the young urges them to see and touch forbidden things. There is, besides, inherent in all a certain impatience under personal restraint which is as easily translated into a love of license as a love of liberty. Added to all this is a spirit of

adventure inherent in the blood. So, taking all things together, the general effect of instruction to make evil a temptation instead of a warning is bad.

This renders the environment of the young a very important matter. The more fascinating it is, for any reason, the stronger it acts as an element in determining character and the development of life. If its nature is wholesome, its effects will be wholesome, for good comes out of good; but also, evil comes out of evil.

An Endless Fight for Existence

Heredity and environment are constantly reacting one upon the other. Each is striving to gain the advantage in molding character. They are not essentially antagonistic elements, but as a matter of fact they are generally opposed. In a natural wild state, plants, animals and human races are exactly suited to their environment. This adaptation has come about by a very slow and painful process of adjustment and the survival of the fittest. But even then, a constant warfare is in progress among the different orders that inhabit a specified wild locality. Men kill animals and rob fruit trees to secure food, animals kill smaller animals and rob birds of their eggs, birds eat worms and insects and seeds, and plants of one order struggle ceaselessly for possession of the ground with plants of another order. Only the strongest or the most ingenious survive. Some animals take on a coat or color which makes it difficult for their enemies to find them. Many are armed with weapons of defense as well as offense. Killing goes on ruthlessly, and the animals which cannot fight in defense of their lives must have something to compensate for their lack of strength and size—they must be agile, swift or cunning.

Man Easily Adapts Himself

Civilized man is under the operation of the same great law, though its operation is complicated by numerous circumstances. If he is not naturally fitted to his environment, he fits himself to it by resort to artificial measures. In cold climates he wears clothes to compensate for the lack of a coating of hair. If he does not find all the foods that suit him, he cultivates them, often under the most artificial conditions. This shows most splendidly his innate power to bend extraneous conditions to his will. If he fails to do so, it is generally not from a lack of strength for the purpose, but from a weakness to yield rather than a willingness to fight. Being gregarious by instinct, he must conform in a large measure to ways and customs which he finds; it is his natural tendency to do so. This is the origin and this the danger of the imitative faculty.

The Nature of Great Achievers

Those who imitate least are those who have the strongest wills. If we were solely imitative beings, none of us would think of making those great departures which in-

dicate distinctive individualities, and out of which all great individual achievement arises. It is the men and women of distinctive individualities who do the thinking for the world, who make the discoveries, who build railroads, who paint great pictures and write great books, who probe into the secrets of Nature and drag them forth for the benefit of mankind, and who do all the other noble and inspiring things that make of the world an eternal spectacle and delight. The more easily people adapt themselves to the conditions about them the less they care for something different, and yet something different might be something better.

Be Prepared for a Catastrophe

No matter how comfortably one may be established in life, no matter how snugly one may have fitted oneself into one's environment and found the nicest possible balance between the urging of one's inherited tendencies and the pressure of one's environment, it should be remembered that there is nothing stable in life or the world. At any time a catastrophe may befall us. It may come as war, or pestilence, or severe financial stringency, or great labor strikes, or devastating storms, or sickness, or an accident that transforms us into cripples. There are many ways in which the established order of things may be upset. The man or the woman who can best and most readily change front and effect a new adaptation has a tremendous advantage. The qualities required for this evidently do not come from a peaceful environment, and therefore must be inherited. But they cannot be inherited unless those responsible for our being have lived so that this exceedingly useful power of adaptation, this ability to rise after we fall, will descend to us, and if it can descend to us we can transmit it to our children.

What We Should Get with Life

The deductions which we can draw from this brief glance at heredity and environment as determining factors in our lives are that we may inherit from our parents and remoter progenitors, and transmit to our children and their progeny, essential qualities which are determined by the manner of thinking and living; that the more intelligently we think and live, the greater will be the benefit to our offspring; that we can live so as to make them or break them to a large extent; that heredity and environment react upon each other, each modifying the force of the other to the extent that one has a preponderance over the other; that the stronger the inherited qualities, the greater the power to bend circumstances to the purposes of life; that the weaker the inherited qualities, the greater the danger that the influences of the environment will be evil, and that every sense of right and duty urges us to live so that our offspring shall come into the world equipped for its severe struggles and trials with all the ability that it is possible for us to hand down.

CHAPTER IV.

EDUCATION NEEDED.

TWO great principles lie at the foundation of the Viavi Health Movement. One is that as ignorance is the most prolific cause of disease, the people should be taught. The other is that as women are the greatest sufferers, and as their diseases have the most far-reaching effect, their needs should receive first consideration.

Wrong to Keep Women Ignorant

Those engaged in this movement have learned from ample observation the wrong of assuming that women should be kept in ignorance of matters so vital to their happiness and welfare. It has been invariably found by Viavi advocates that, contrary to the old belief, women readily grasp the laws of their being, are eager to understand them, and apply them intelligently when found. By reason of this understanding they know not only how to avoid suffering, but how to bring up their daughters wisely, keeping them from the errors which lay the foundation for so much misery in after life. For centuries it has been the custom to keep women in ignorance regarding their physical natures, and particularly the most important of all—their sexual natures. It is a most unwholesome sign to find that this subject, the most vital that concerns women and the race at large, should have been regarded so long as one which should be debarred from the category of things to be understood, or as something of which it was right to be ashamed. This discloses an unhealthy state of the public mind, and one that has given rise to incredible suffering through the ignorance that was thus enjoined. We believe that it is both a woman's right and her duty to understand these things, and that when she does, her native goodness and conscience may be depended on for the discharge of her duty.

Some Results of Ignorance

Evidence of the evils arising from this ignorance is seen on every hand. Often at the time of life when a young girl most needs the kindly guidance of her mother she is wholly neglected, with the result that, frightened or filled with shame at the wonderful change that leads her from childhood to womanhood, she commits

some irrational act that fills her whole after life with suffering.

Young women enter matrimony while physically unfitted to do so, and while ignorant of the simplest philosophy of the marriage relation, and as a consequence lead lives varying from ordinary pain to unendurable anguish, thus ignorantly casting a cloud upon their homes, loading their husbands with mental and financial burdens, and, if they bear children, starting a new generation of ignorance and suffering.

Even to healthy parents children are born under improper circumstances, thus poisoning their own lives and depriving parenthood of its richest blessings.

At all ages irrational practices are indulged in without any knowledge of the harm that they will produce, and the seeds of disease sown that will torture the victims throughout their lives.

It is taken for granted by nearly all women that suffering must be their lot, that women were created to suffer. This is the very worst of all the phases of the evil.

The false, artificial and unwholesome sense of modesty that has been imposed upon women acts with even greater force upon men where women are concerned, and yet there is no duty more binding upon a married man or the father of daughters than to understand the physical natures of the frail, delicate, sensitive and highly organized beings entrusted to his care and appealing to every sentiment of manhood, kindness and generosity within him. Viavi advocates have as earnest a desire that men should understand these subjects as women, and there is no fact more thoroughly demonstrated than that when the matter is comprehended, it is invariably treated with the reverence which it so much deserves.

The Need of Better Knowledge

There is a vast difference between prudishness and true modesty. The woman who is ashamed to contemplate and understand the wonders of her reproductive nature, and who deems it womanly to avoid a study of the subject as a basis for intelligent living, shows that she lacks true reverence for the most sacred of the Creator's works and designs. The Viavi movement aims to widen her vision, to enlarge her understanding, and to show her the consequences of ignorance and the blessings and purity and wholesomeness of knowledge.

In doing this throughout these pages we shall employ sufficient directness to leave no doubt, and at the same time the subject will be treated with that delicacy and reverence which a matter so beautiful and vital should receive at the hands of the intelligent. Such a treatment of the subject will be as refining, as ennobling and as instructive in the case of young girls as in that of married women, for the mission of this work would be incomplete did it fail to meet the needs of women and girls of all ages and stations. With this book in hand a mother can point out to her daughter the beautiful truths

of life, and thus avert the wretchedness that ignorance so often entails. There is no confidence so holy as that between mother and daughter, and it should be cherished by the mother with unfailing solicitude. This volume should be employed by mothers to cement that relation and to secure for both the knowledge so necessary to them. The reverence felt by those engaged in the Viavi work for the matters with which it deals reacts upon those with whom they come in contact, to the end that women who investigate the treatment not only invariably become imbued with the same sentiment, but form life-long attachments for the Viavi representatives. In all the range of moral forces none exists that has a more purifying and uplifting influence, or that reaches deeper into the true womanliness of women. It is in such a spirit that this book is written.

How to Teach the Daughters

Under the influence of the irrational teaching that has been the custom for all time, many even of the wisest and best mothers find it difficult to discuss with their young daughters a subject that has been so long tabooed. To such mothers we would suggest that the difficulties are only apparent, not real. Long before the child approaches puberty she should be gradually taught the beautiful mystery of reproduction of species. Every living thing has its origin in sex. The blossoms that we love so much contain the sexual organs of the plants that bear them. Both sexes are represented in some plants, while in others some are male and others female. By a mingling of their pollen, carried by insects or the wind, fertilization takes place on the same principle as in human beings. In the female flower are ovules corresponding exactly to the eggs, or ova, in the ovaries of a woman, and when they are fertilized by taking in the male principle, the pollen, they develop into seeds; these, when they are ripe, will produce after their kind. Is there any cause for shame in that knowledge? Thus Nature will be found to abound in illustrations of the sex functions in human beings, and a child at a very early age should be gradually brought to understand the beautiful principle. It is a mother's duty to inform herself on these subjects, in order that she may impart her knowledge to her young daughter.

The Mother Should Instruct

Every mother should keep this awful truth in mind: If she herself does not instruct her daughter, the knowledge will be acquired in some other way, and we may be sure that it will not be the best way. The child will naturally reason that as her mother did not inform her, the subject was a forbidden one. This will have the tendency to awaken unhealthy thoughts in the budding mind. The mother, and the mother only, should be the one to teach the daughter, and in teaching her she should inculcate reverence and an idea of the sacredness of the subject. Evil is not natural to the mind of the child. It is only in the

way in which knowledge comes that there is danger of an evil conception of the beautiful truth.

The description of the female organs of generation, their functions and diseases, will be given herein in all purity and truth, and we are confident that the earnest reader will study this work in the same spirit. We know that no one who reverently searches for the truth concerning the wonderful masterpiece of the Creator's handiwork, the human body, can do so without being better for it.

CHAPTER V.

DISEASES OF WOMEN

IT is a fact familiar to all persons informed upon the subject that at least nine-tenths of all women are afflicted to a greater or less degree with some disease of the generative organs. This condition of affairs is sad enough, but it is not so discouraging as the cognate fact that women generally accept their sufferings as a matter of course, as something inevitable and incurable, and as not worthy of serious consideration. They should reflect that all natural processes are designed to be painless, and that if they are not, a condition of disease must necessarily be present. Any one who takes it for granted that a beneficent Providence created human beings for a life of suffering cannot have a high opinion of the Creator's wisdom and goodness. The solemn truth is that human suffering is purely a human invention, and that it lies within our power to banish it from the world. No duty could be more binding than the search of means for doing so.

Why Men are Rarely Sufferers

Why is it that there is so striking a difference between the general health of men and that of women? It is not natural that this should be so, and when we ascertain why it is, we have taken the first step in wisdom. Upon examining the subject we find that men as a rule lead more rational—which means to say more natural—lives than women. Men do not constrict their bodies in a way to interfere with their vital functions. They generally lead a more active life, and thus keep their nervous systems keyed up to a healthy tone. They are likely to be regular in their work and habits, and regularity is absolutely essential to health. They eat heartily of wholesome food, knowing instinctively that sweetmeats, dainties and similar things cannot keep the system in good condition. When pain or distress is experienced they do not submissively accept these abnormal conditions as the natural lot of men, but speedily seek relief and if possible remove the aggravating cause. They may not do a great deal of reasoning in all these matters, but they have much common sense. They realize that if they live irrationally they will suffer, and that if they have pain or distress their efficiency as workers and achievers is crippled. A great

many women will be heard saying with a sort of poor pride that women can bear a great deal more suffering than men. It would be the height of folly for a man to bear more than he does. It is far more to one's credit to abolish pain than to bear it. It is a reproach to any one, man or woman, to suffer when suffering is unnecessary. For women to accept suffering as their natural lot is for them to confess a lack of intelligence or pride to overcome it.

The Great Value of Perfection

A distressing feature of the condition of women is the poor sort of pride that many of them take in their ailments. The profoundest pity is due them for holding such an attitude toward disease, for a perfectly sound person knows too much of the joys of health to envy those who do not possess it. If all women could understand that suffering is a reproach and disease anything but a charm, they would seek to exchange the sympathy that suffering invokes for the admiration that health commands. Disease is not a part of the scheme of Nature. A diseased person is not designed by Nature to assist in the grand procession of natural events.

It is lamentable that women as a rule do not fully appreciate the evidences and effects of disease. Not knowing why they suffer, they do not seek means of relief. Among primitive races there is no necessity for a knowledge of organs, functions and diseases, any more than there is among the lower animals. Creatures that live close to Nature do not suffer. As civilization has taken us far away from those primitive conditions in which health is enjoyed, it becomes absolutely incumbent upon us to make reason take the place of instinct. Now, we cannot reason if we are ignorant. Seeing that civilization plants within us diseases unknown to the primitive condition, it is necessary that we know why and how civilization implants disease and how disease may be avoided. We cannot do this if we are as ignorant as savages. The fact that we do suffer proves that we are ignorant. We could recover health by returning to a savage condition, but not only is that impossible, but we should thereby lose all the beauties and benefits that civilization has brought us. We must therefore acquire the intelligence needed to enable us to live as wholesomely as savages. The most striking anomaly of civilization is the fact that we have not kept our intelligence up with our progress. We know that civilization produces disease, and yet so many of us are content not to strive through knowledge to be healthy even though we are civilized!

Knowledge Prevents Suffering

How many women are aware of the fact that so simple and prevalent a disease as leucorrhea represents a drain on the system almost equal to the constant dripping of blood from an open wound? How many of them realize that its neglect inevitably leads to serious disorders eventually imperiling life itself? How many of them are aware of its effects upon the nervous system and the

mind? How many are there who are acquainted with the details of the wonderful process that each woman in her child-bearing age experiences from twelve to sixteen times a year? How many are familiar with the numerous kinds and causes of the pains that nearly all of them suffer on each occasion? How many have even the crudest idea of the anatomy and arrangement of the organs, as a basis for an understanding of the causes and nature of disease and rational means for treating it? How many mothers are there who understand the reason for their having suffered laceration in childbirth? How many are aware that every violation of a natural law will inevitably be punnished sooner or later, and that there is no escape whatever? How many realize that when the change of life arrives Nature brings to bear all the punishments due for all the errors of past life? How many know that disease is a condition of uncleanliness, and that pain is an evidence of disease?

Effect of Disease Far Reaching

The burdens resulting from the infirmities of women are not borne by them alone, for as woman's part in the perpetuation of the race is so much larger than man's part, both the destiny of the offspring and the happiness and integrity of the home are dependent upon her condition. The long list of men whom the feebleness or wretchedness of their wives has served as an excuse for transgressing sacred moral obligations should be sufficient to rouse every woman to the great responsibility that rests upon her. The appalling list of women who have been unsexed by the surgeon's knife should serve as a frightful warning to strive for better things. The ghastly records of women who in despondency or temporary insanity from diseases of the generative system have slain their children should be heard as a cry in the remotest corner of every woman's heart. Who is there that dares inquire into all the causes that fill the penitentiaries?

The Power of Women Incalculable

The overshadowing moral force of the world is that exercised by women. They, more than all the other influences that exist, determine the character of the home and the nation. The most of all the good that we see originates with them, expresses what is best in their composition and aspirations. They are the bulwark of domestic and national purity. They are the chief upholders and enforcers of the moral restraints of religion. Love of them is the chief inspiration to the hopes and efforts of men. Do they know their wonderful power, their immeasurable influence? Do they realize that all that is best in them, the power that makes them the ruling force of the world, rests upon that ineffable soundness, sweetness and purity which receive their force and vitality from perfect health? We in the Viavi movement know more of women than perhaps any others, and it is this knowledge that fills us with a bright hope for the future. We want women to know themselves, to appreciate their power, to stand forth in full consciousness of their might.

Chapter VI.

THE VIAVI SYSTEM OF TREATMENT.

THE advent of the Viavi system of treatment was the intelligent result of observing existing conditions. It was seen that the knowledge which women must have in order to be well was persistently withheld from them, and that they were taught to shun it as a thing to be ashamed of. It was observed that existing methods of treatment, instead of holding up the sublime law that Nature is the great physician and that no cures can be effected except by her, taught people to rely upon medicine and surgery. It was noted that the generative organs of men were treated with a deference and consideration in nowise accorded to those of women. It was found that women were taught to hold their generative natures in low esteem, and that they were ruthlessly deprived of their divine dower of womanhood by resort to the knife. It was seen that they were frequently cut open on a wrong diagnosis, many a woman having been operated on for a tumor when in fact she was only pregnant.

It was noted that about the only resort in certain menstrual anomalies and inflammatory processes was curetting, an operation that produces numerous evils, and which the Viavi system of treatment has rendered entirely unnecessary. It was observed that leucorrhea was frequently checked by the use of astringent douches, while it was for the time being Nature's safety valve, thus causing serious troubles to arise in remote parts of the body by checking it instead of removing the cause. It was found that the only known means for the removal of tumors was by cutting, from which terrible operation many women were losing their lives or going crippled and suffering to the end. These and many other utterly irrational features of existing methods of treatment showed upon their face the necessity for a scientific treatment that would accomplish results impossible to the old methods, while leaving no ill effects, but on the contrary building the sufferer anew from the very foundation of her existence.

How the Need Was Discovered

In pursuit of the investigations leading to the Viavi system of treatment many questions were asked and profoundly studied. What are the peculiarities of the

uterine organs which prohibit their natural tendency to heal themselves of disease in the absence of assistance? What is the nature of the leucorrheal discharge, and what are the causes that produce it? Why does the cervix (neck of the womb) so often tear in childbirth, and after it has torn, why does it not have a tendency to heal of its own accord, as do other injuries of the body? Why do uterine diseases produce pains in the head, back and legs, why do they give rise to indigestion, and why do they so seriously affect the nervous system and so often the mind itself? Why are the womb and ovaries so easily inflamed, and why is the inflammation so painful? Why is there so strong a tendency to the formation of tumors, and why is cancer so prevalent, especially at change of life? Why do the tissues of the abdominal walls so often separate in pregnancy, leaving the body scarred and misshapen for the rest of the sufferer's life? Why do lumps, tumors and cancers so frequently appear in the breasts, and why should the first thing to be thought of be the disfiguring of a woman for life by removing her breasts? Why does marriage give rise to so much suffering? Why is menstruation ever painful, when it is evidently designed by Nature to be as painless as any other function of the body? Why is pregnancy so full of terrors for many women, and why do so many resort to unnatural and hurtful means for avoiding it? Why should childbirth, the sublimest event in the life of a human being, be regarded with so much terror, and why does it so often bring dreadful results? Why is it that intelligent human beings are led away from the grand truth that the cure of all disease must be by natural means? Why was the general method of treatment in the diseases of women followed by so many failures?

It was realized that the existing methods were opposed to Nature's laws, and hence necessarily unsuccessful. That alone would be sufficient to proclaim so many cases incurable—cases which have yielded to the Viavi system of treatment. In the first place, it was essential that women should be taught, in order that they should know the causes and nature of their ailments, have an understanding of natural laws, learn how cures are effected, and be able thereafter to keep well. Instead of waiting until cutting and maiming became inevitable, they should be supplied early with a treatment which would enable their systems to throw off disease by natural means, leaving them not only cured, but whole, and able thereafter to avoid and resist disease. There was no reason why they should be subjected to the humiliation of examinations. With their native intelligence they would be able, under proper instruction, to employ a treatment in the privacy of their own homes, thus saving themselves injury and humiliation and their pockets a great deal of money. In learning, too, they would accomplish something equally important—the intelligent care of their daughters. Their systems would not be tortured and weakened by introducing powerful medicines into their already weakened stomachs. They would be led away from the absurd idea that

disease can be cured quickly or by violent means. At the same time their entire conception of the obligations and opportunities of womanhood would be raised, to the end that they could secure their own happiness and that of all about them, and stand forth as the founders of a pure, wholesome and vigorous race.

Nature Provides a Remedy

It was reasoned that as Nature has wisely provided a cure for every human ailment, it was only a matter of time and scientific study and experiment to discover a treatment for the diseases that afflict women, the underlying thought being to provide that which would assist Nature to develop more resistive and recuperative power. One of the first things decided upon was that the treatment should contain no minerals, no hurtful ingredients of any kind, no opiates nor sedatives nor anodynes to deaden the pain and lower the vitality. It was thus that a treatment was discovered, composed wholly of vegetable ingredients. The question of its preparation was a very important one. Every scientific safeguard, including the highest purity and efficiency of the materials, the utmost care on the score of antiseptic precautions, and many other details had to be worked out. All this was finally accomplished, and thus was produced Viavi. It was predigested in the manufacture, and was specially prepared to take advantage of the absorptive properties of the skin, mucous membrane and tissues so as to be easily taken up by the system. Still better, instead of being a medicine it was a food which the blood could take up and carry to the nerve centers that control the circulation, thus building and strengthening them, and enabling nature to throw off disease. While all this was being accomplished the effect of the treatment upon the circulation was such as not only to supply the blood with nutriment furnished by the treatment, but to assist nature to cause it to circulate freely and fully, removing the impurities and poisons which accumulate in disease, and sending them out of the system through the organs of elimination, such as the skin, kidneys, bowels, etc. And finally, an intelligent system of hygiene was made to complete the plan.

What Experience Has Established

There is no need to discuss the wisdom of the method. The forces engaged in the dissemination of the Viavi system of treatment number many thousands of women distributed throughout all the civilized countries of the world. In their earnestness, their devotion, their fondness for the work, an intelligent observer may read the whole story of the Viavi movement. When women from all walks of life, and numbering many thousands, step out, many of them, from lives of ease, and devote their hearts, minds and energies to the dissemination of the truths and benefits which the Viavi system of treatment embodies and secures; when they do this, actuated by the good that it accomplishes, for the happiness that

it brings and for the dangers that it averts; when they find themselves strengthened and upheld by the touching gratitude of the millions of women whom their ministrations have led out of despair and darkness to happiness and light; when they are inspired by seeing maternity brought to those who had hopelessly yearned for it; when they see children born with the strength to make the battle of life successfully—when all these and numberless other triumphs of their labors are observed, there is no need to wonder that this simple and rational philosophy, with earnest and faithful effort to promulgate it, is so widely accepted and so eagerly sought. The Viavi movement represents a revolution the most momentous that ever was witnessed in the science of cure. It is a complete overturning of the dangers and fallacies of the past, the most brilliant achievement of science that modern times have witnessed. Besides that, it is backed by an irresistible moral force represented by the vast army of its active advocates and the millions of women whose experience enables them to speak with conviction of its power.

Other Features of the Treatment

The subject of Viavi is too important, too full of living interest, to contain a single dull passage. Let us inquire a little further into its original features. The first great desideratum is *to cure*. In order to secure this result, the sufferer is invited to avail herself of the advice of the Viavi Hygienic Department, invited to avail herself of the advice of the Viavi Hygienic Department, made for this service, the only cost being for the forms of treatment which the patron uses.

Another interesting feature is the talks of health given by trained representatives of the treatment in all the cities, generally at the Viavi headquarters, where visitors are always welcome. In addition to these lectures are traveling representatives who perform the same service. No woman can fail to learn something of the greatest value from these talks. The need of the information thus gained is by no means confined to women who are afflicted. It is equally important that sound women should know themselves.

Some of the pleasantest relations established in the work have been with the husbands of women who have adopted the treatment. The common-sense philosophy of the treatment appeals with special force to men, whose practical side has been fully developed by a freer contact with the world. It is particularly advisable that husbands take an interest in the subject, for it has been observed that when they do their wives invariably adhere to the regime with that unfailing fidelity so essential to the best results. There is nothing more beautiful, nothing more becoming to manhood, than an intelligent and sympathetic interest on the part of the husband in the desire and effort of the wife to become a wife in the fullest sense of the term. It is equally incumbent upon the fathers of daughters to acquire such an understanding of the dan-

gers besetting girls as will enable him, through the wife, to assist in starting them aright. Such knowledge softens and broadens a man.

Vital Truths To Be Unfolded

As we advance more deeply into the subject of women, their ailments and treatment, through the pages of this volume, we shall find a vast and steadily increasing volume of practical, common-sense, easily understood knowledge. The foregoing outline of the principal features of the treatment is inadequate to its complete understanding; the subject is too large for perfect treatment in one chapter. Many mysteries that cloud the lives of women will be explained. The book is written for earnest, serious men and women, who are not afraid of the truth and who wish to lead wholesome and happy lives. From the remarkable progress that the movement has made it is easily seen that women are rapidly becoming the leaders of the fundamental intelligence necessary to the welfare of the race; they are the students and teachers of the things that must be known before right living can be followed.

CHAPTER VII.

THE PELVIC BONES.

WHEN we stand before the masterpiece of a great painter or sculptor we feel our own inferiority while admiring the splendid creation of the artist. If we have cherished ambitions, we experience an overwhelming sense of the superior genius of the one whose work confronts us. The distance between the beginner and the finished master seems dishearteningly great. But as we carefully study the work day by day, new beauties begin to reveal themselves, and the feeling of helplessness for our own inferiority merges insensibly into one of adoration. The spirit of emulation begins to arise within us, and hope and strength follow apace. We reflect that the great artist had a beginning, that his first efforts were crude and uncertain, and that by great labor perfection was finally attained. We can picture the early struggles, the steady progress from straight lines to those gracefully curved, and the steady application (often under the most discouraging circumstances) that day by day developed the budding powers of the artist.

If we regard the human body, that masterpiece of the Creator, as a whole, we feel tempted to abandon the study so marvelously intricate its many parts, so exquisite its adjustments, so beautiful its lines. As we study it more closely, and unravel its mysteries one by one, we arrive at a truer understanding of its complexities and come to reverence the master mind that conceived and built so wonderful a creation, this splendid mechanism that constitutes the temporary home of an immortal spirit.

The Study and Its Limitations

Let us then begin with a study of the foundation of the body—its bony structure. When we acquire an understanding of the position, shape and purposes of the bones, we can then proceed to build about them those less substantial parts of the body which they are designed to support and protect. As we are interested in the diseases and functions of the generative organs of women, we shall confine this study to the bones of the pelvis. Wherever it is shown elsewhere in

this volume that the Viavi system of treatment is to be applied to other parts of the body, a similar study will then be given to those parts.

The Pelvis and Its Purposes

At the lower end of the trunk, or body, there is a bony structure, called the pelvis, meaning a basin. As it is found throughout the body that the most delicate organs enjoy the best protection, so we find that this basin has remarkable strength, for not only must it protect the delicate organs of generation, but it must bear the weight of the spine and whole upper part of the body, and receive the bones of the thighs. Closely surrounded and guarded by the powerful pelvic bones, which, though numbering several pieces, are rigidly welded into one strong structure, are the organs which constitute the cradle of all human life. The brain likewise, the most delicate part of the human system, is encased in a bony box composed of several pieces curiously fastened together.

We can get an excellent idea of the pelvis by studying the one in our own body by means of external indications. The body is usually studied in the standing position, the median line being an imaginary plane passing lengthwise through the center of the body, from the middle of the front surface to the middle of the back. The region of the body toward the head is spoken of as above or upward, and that toward the lower part of the body as below or downward. In speaking of something within the body from an exterior point of view, we say, "from without, inward," and in discussing something without the body from an interior point of view, we say, "from within, outward." In going from front to back we say, "from before," etc. These explanations will enable the reader to understand some anatomical statements that might otherwise be difficult.

The Bones and Their Arrangement

The pelvic basin, as we have said, is composed of several bones. We can feel them from the outside by pressure with the hands. Put the hands upon the hip bones, and they will rest upon the ossa innominata ("no-name bones"), so called because of the difficulty of likening them to any familiar shape or object. There are two of these, one on each side. Originally each was developed from three distinct bone centers, but they have grown together, though each has a name. The hip bone is broad and flat, extending, like the sides of a basin, downward and inward, and is called the ilium. Its lower projection, upon which we sit, and which is covered with the thick muscles of the buttocks, is called the ischium; we can easily feel it through the flesh. The front ends of the ossa innominata curve around and meet in front, the upper edge of the meeting point being about three inches below the upper projection of the hip bone, thus forming the pubic bones, or pubis, or pubic arch; it may be felt in the front and at the extreme lower end of the abdomen, and may be traced around underneath to the protuberances, or tuberosities, of the ischia.

It will thus be seen that the ossa innominata form the sides and front of the basin. Between the posterior borders of the ossa innominata, and joined to them, is a section of the spine, called the sacrum; it is triangular, or wedge-shaped, the broadest part being at the top, and to its lower, or narrower, end is attached the coccyx, which is the termination of the spine, so called because it resembles the bill of the cuckoo. The sacrum and the coccyx consist of nine bones, five of them being in the sacrum and four in the coccyx. The foregoing are the bones of the pelvis. The space enclosed by them is called the pelvic cavity.

How Intervals Are Filled

There are spaces in the walls of this basin that are not completed by bone, but are filled up with muscular tissue. For instance, the space between the hip bones in front is completed by the abdominal walls. The floor of the pelvic cavity is formed by tissue which fills the space between the tip of the coccyx and the pubic bones in front, and between the tuberosities of the ischia. These bony landmarks can all be felt. The tissue between them, speaking generally, is called the perineum, or the floor of the pelvis.

The bones of the pelvis are so firmly bound together by ligaments at their lines of juncture that movement is almost impossible. There is an exception, however, and that is at the juncture of the coccyx with the sacrum. This joint is movable, so that the coccyx can bend back an inch or more at the birth of a child, thus giving more room for the child to pass. It is a common error to suppose that the pubic bones, forming the front of the basin, separate at the birth of a child, as they are too firmly bound together for that to be possible.

Work of the Bony Support

The bony pelvis as a whole gives support to the entire body. It rests upon the thigh, or femoral, bones, being joined to them by a ball-and-socket joint, so closely fitted and so thoroughly bound by ligaments that in a healthy body it is impossible to pull this joint apart without permitting some air to enter. The spinal column, supporting the head, arms, ribs and all the tissues and organs above the pelvis, rests its entire weight upon the sacrum. The surfaces of the ossa innominata, both inside and outside, present broad areas to which are attached the strong muscles from the thighs which move the legs, and from the lower part of the body, including the abdominal muscles.

The pelvic bones of men are larger and stronger than those of women, but the pelvis is wider in women. Greater breadth of hips, as among women, is said to be a sign of greater ability to bear children. The span of the pubic arch in women is greater than in men. If the pelvis of women were no larger than that of men it would be impossible for them to bear children. The distance between the thigh joints is greater in women than in men, by reason

of the pelvis being broader. In order to preserve the equilibrium in standing, it is necessary that the knees of women should be closer together than those of men, and as a consequence, women cannot run as well as men.

The Contents of the Pelvis

In women the pelvic cavity measures only four and a half to five and a half inches in diameter, yet it is sufficiently large to hold comfortably and compactly the vagina, womb, Fallopian tubes, ovaries, bladder and rectum, together with the ligaments which support them and the muscular tissues which are attached to the inner surfaces of the pelvic bones. It will be readily seen that the displacement of any of these organs, or their enlargement from inflammation, is bound to create a serious disturbance. The bowels have a tendency to crowd down upon the contents of the pelvis, and especially is this so if a woman pushes down the bowels by lacing, or wears clothing tight around the waist, or in a sitting posture rests her weight largely upon the end of the spine instead of the ischia.

In addition to the organs above mentioned, the blood supply and nerves of the pelvic organs and the legs pass in and out of the pelvic cavity.

Having now an understanding of the bony substructure of the generative system, we shall next proceed to a description of the external organs of generation, and then to the internal.

CHAPTER VIII.

EXTERNAL ORGANS.

IN the last chapter we mentioned the fact that the intervals in the pelvic basin lacking in bone were filled in with muscular tissue. We described the perineum in general terms as extending from the tip of the coccyx behind to the bottom of the pubic arch in front, and connecting the tuberosities, or knobs, of the ischia on each side. This area of tissue is called the floor of the pelvis. It is penetrated by the rectum and vagina, and upon its external surface are the external genital organs and the anus, or rectal opening. The external genital organs are known by the general term of vulva, or pudendum. These are the mons veneris, the labia majora and minora, the orifice of the vagina, and the clitoris. There is also the meatus urinarius, or opening of the urethra, which is the tube leading from the bladder outward.

Description of the Organs

The mons veneris is the rounded eminence under the skin at the lower end of the abdomen, just above the vulva, and overlying the pubic arch, for which it serves as a cushion. It is composed of fatty tissue. As the age of puberty arrives, when the child merges into a woman, a growth of hair appears upon the mons. It is a common saying that when this growth is very scant, sterility is indicated. After the change of life it becomes gray or white, and often disappears.

The labia majora (large lips) begin just below the mons veneris, and, diverging a little, again converge and meet, and terminate in the perineum proper, which is the tissue between the vagina and the anus. These large lips are the outer lips of the vulva. They are covered on the outside with skin, and beginning at their outer line of juncture they are covered with mucous membrane continuous with that lining the vagina.

Just within the labia majora is a pair of smaller folds of tissue, called the labia minora, or small lips; they are covered with mucous membrane.

At the upper point of juncture of these small lips is the clitoris, the organ of sexual excitement, which is analogous to the chief copulative organ in

the male. About an inch below the clitoris, and near the upper margin of the vaginal opening, is the meatus urinarius, or the external orifice of the urethra, which is the passageway to the bladder. The urethra is about one and a half inches in length, and when normal has an external diameter about equal to that of a pencil, but in a diseased condition it may become much thicker. It is lined with mucous membrane, continuous with that of the vulva and the bladder, and being very elastic, is easily distended.

Labial Glands and Their Function

Imbedded in the labia majora and labia minora are numerous small glands and follicles, which secrete and moisten the parts with a bland mucus, thus lubricating them and preventing irritation as the parts rub against each other from the movements of the body, or from coition. In disease the secretion of these glands and follicles may become acrid and irritating, producing an unbearable itching, which is known as pruritus. Sometimes these glands become inflamed and enlarged, producing exceedingly painful abscesses.

Elasticity of the Tissues

The tissues surrounding the orifice of the vagina are highly elastic and capable of great distension, to prevent injury from childbirth. When healthy they stretch without harm and readily return to their normal condition; but when unhealthy, and therefore inelastic, they often tear at the birth of a child. The principal point of rupture at this time is the tissue between the vagina and the anus. This tissue, the perineum proper, may be easily felt by placing the thumb in the vagina and the finger in the rectum. Often this external laceration is so extensive as entirely to destroy the muscular wall separating the lower part of the vagina from the rectum.

Nature and Form of the Hymen

In the virgin there is a membranous fold, or curtain, called the hymen, which partially closes the vaginal orifice. Through this small opening the menstrual flow passes, but in rare instances the hymen is imperforate—that is, it has no opening—and the menstrual flow cannot escape. In such cases the hymen should be perforated by a physician.

Usually the natural opening is crescentic in shape, or there may be a number of small openings. The presence of the hymen does not necessarily indicate virginity, as is commonly supposed, for married women have borne children without suffering a rupture of the membrane. On the other hand, a fragile hymen may be ruptured in childhood or later by numerous innocent causes, skipping the rope being among them. It may also be ruptured by a physician in making an examination.

While much technical matter might be added to this description of the external organs, we believe that sufficient has been said to give an intelligent idea of their names, relation and position.

CHAPTER IX.

INTERNAL ORGANS.

THE pelvis is divided into the upper and larger, or false pelvis, and the lower and smaller, or true pelvis. The line of division is drawn from the top and center of the symphysis pubis to the most prominent part of the sacrum, known as the promontory of the sacrum. All above this line is known as the false pelvis, all below the true pelvis, in which are situated the internal generative organs, the womb, vagina, Fallopian tubes and ovaries, together with the bladder and rectum.

False Pelvis and Its Contents

The bowels fill the false pelvis and rest upon the contents of the true pelvis. Thus we see how the bowels may be made to crowd down upon the internal generative organs and do harm by tight lacing, heavy clothing suspended about the waist, or by an improper position of the body while sitting. The only firm support for the bowels at this point is a forward projecting of the upper end of the sacrum (the promontory of the sacrum), which partially overhangs the uterus, or womb. The muscular walls of the abdomen also serve to hold the contents of both cavities in proper position; hence the great harm that is wrought the whole body by weakening the muscular walls of the abdomen by surgical incisions or improper treatment during pregnancies, which leave the walls flabby, weak and without tone.

True Pelvis and Its Contents

In front of the vagina and womb is the bladder, while just behind them is the rectum, all of these organs being supplied with numerous blood vessels and nerves. In addition, there are large blood vessels and nerves running through the pelvis to the legs. For this reason we shall see later on how diseases of these organs affect the legs, causing lameness, partial paralysis, etc.

The Nature of the Vagina

The vagina is a highly elastic tube extending from the vulva to the uterus. It is flattened from before backward, its front and back walls lying in contact, and they

curve backward, following the course of the rectum, the posterior wall of the vagina forming the anterior wall of the rectum. The vagina, like other organs, varies in size and length in different individuals. Being curved, the front wall is shorter than the back, the length of the front wall being about three and one-half to four inches, while the posterior wall is from five and one-half to six inches in length. The upper end of the vagina does not open directly into the abdomen, but is firmly attached to the neck of the womb, which organ protrudes into the vagina about three-fourths of an inch. The vagina is lined with mucous membrane and is supplied with numerous little mucous glands, which in health pour out a sufficient amount of mucous to lubricate the parts. In some abnormal conditions of this tract great quantities of secretions are poured forth, which will be more fully discussed when we come to the subject of leucorrhea.

The little pocket or blind sac which is formed by the attachment of the anterior wall of the vagina to the cervix or neck of the womb is known as the anterior cul-de-sac, while the pocket formed by the attachment of the posterior wall of the vagina to the cervix is called the posterior cul-de-sac. It is in these little cul-de-sacs that the contents of the Viavi capsules are held. By absorption they are carried to the surrounding tissues.

Description of the Uterus

The uterus, or womb, is attached to the vagina as we have described. It is pear-shaped, the larger end, or fundus, being at the top, and the lower end, or cervix, at the bottom. The whole length, including the cervix, is about three inches. In the virgin it weighs about one and a half ounces; in those who have borne children it weighs from three to four ounces. Its walls are composed of muscles curiously and ingeniously crossed and overlapped, permitting of great distension in pregnancy. It is flattened front and back, the thickness being about an inch and the breadth about two inches. It is lined with a mucous membrane called the endometrium. The cavity, extending from the cervix to the fundus, is very small, widening slightly toward the fundus. The shape of the cavity is triangular. Toward the top it broadens out into the shape of a triangle, and at the upper points of this triangle are the openings of the Fallopian tubes, one on each side. The womb is situated in the median line, in an antero-posterior position, lying at an angle of about forty-five degrees. This inclination varies considerably with the relative amount of contents of the bladder and rectum. If the bladder is full and the rectum empty, the uterus leans further back, and *vice versa*. Its position in the body can be fixed by imagining a line drawn from the tip of the coccyx to the navel; it will pass through the uterus. The outside of the body of the womb is covered with the peritoneum, which lines the entire abdomen and envelopes its contents.

The womb is the cradle of the human race. It is here that we all lived

nine months and that every member of all coming generations must live for the same length of time. Its condition, and that of its possessor, determine in a very large measure what we shall be and how we shall be able to cope with the conditions of life as we find them.

The cervix is kept closed by two constrictions, the inner and outer. It is provided with a number of minute glands which pour out a colorless secretion. Inside the cervix there is a curious marking called the arbor vitae, or tree of life. The anterior and posterior cul-de-sacs are formed by the uniting of the vaginal walls with the cervix.

Fallopian Tubes Described

The Fallopian tubes are about four inches in length, extending from the top of the womb to the ovaries. Their purpose is to carry the eggs (ova) from the ovaries to the womb. Their walls are muscular, the tissues being continuous with those of the womb. They open into the womb with a trumpet-shaped mouth; then for a distance have an opening so small as barely to take a bristle, and at the ovarian ends terminates in a fringe, or a number of slender fingers, overhanging the ovaries. The purpose of these is to seize the ovum when it bursts out of the ovary, and convey it to the womb. To facilitate this operation the mucous membrane lining the tubes is provided with a large number of minute cilia, or hair-like processes, which possess the power of pushing the ovum along toward the womb.

The Wonders of the Ovaries

The ovaries! What a wonderful nest! With what marvelous care and ingenuity they have been constructed, and how carefully they are held and guarded! As the womb is the cradle in which the egg, after impregnation, is developed into a human life, so the ovaries are the nest in which the eggs are created. These two little organs (the ovaries) are about the size and shape of an almond; they are the central influence of a woman's organization; they determine her sex, her womanliness. Without them, a woman is deprived of her most precious gift; within them lies the foundation of all the generations to come.

The ovaries are about an inch and a half long, about three-quarters of an inch in breadth and about a third of an inch thick. Before the female child is born the rudiments of the eggs contained in the ovaries are discernible. Each egg (and they number many thousands) occupies a little cavity, or follicle, of its own in the ovary, and each little follicle has its bountiful blood supply separate from that of the others, besides its own set of nerves. Through babyhood and childhood and into youth the brain is developing, the bones are growing, the muscles are becoming stronger and larger—the entire body is involved in the process of growth and development. There is one exception, and that is the ovaries. From the eleventh or twelfth to the fourteenth or fifteenth year, varying with individuals, races, countries and cli-

mates, the age of puberty, or pubescence arrives, and not till then do the ovaries take on the activity that they will retain during the whole child-bearing period of the woman's life. At every monthly period, or menstruation, an egg ripens in one of the ovaries, bursts through the thin covering of the ovary, is caught up by the fingers of the Fallopian tube, and is then sent through the tube to the womb. If it becomes impregnated it remains quietly in the ovary for a few days while a nest is being prepared for it from the lining membrane of the womb within that organ, and in which it lodges upon escaping from the Fallopian tube, and there grows and develops into a child. If not, it passes away. It is supposed that the ovaries alternate with each other in ripening an egg at every menstruation. The ripening and liberation of each egg leaves a little scar on the surface of the ovary. Many of the rudimentary eggs never develop, but naturally perish in their follicles. When all that Nature designs to be used have been ripened and cast out, the climacteric (change of life), together with a cessation of the menses, occurs, and the child-bearing period of the woman is at an end.

The Support of the Organs

The womb, Fallopian tubes and ovaries would lie helpless upon the floor of the pelvis were it not for a very ingenious arrangement of ligaments to hold them in place and give them the freedom and ease that they require, and here again we see the wonderful provision that Nature has made for the care of these organs.

As we have said, the peritoneum, or lining of the abdomen, covers the abdominal and pelvic organs. It is pearl-colored, glistening, smooth and slippery, and it, with its prolongations, assists in holding the generative organs in place and presenting them with a smooth surface, which prevents friction from the rubbing together of the various parts. It lines the walls of the abdomen, and dips down into the true pelvis, covering the upper part of the womb and the Fallopian tubes and ovaries, completely enveloping them. As it dips down in front and back of these organs it forms two folds, enveloping the organs and forming the ligaments which hold them in place. These supports are so arranged that two ligaments run from the womb to the bladder, and from the bladder to the walls of the abdomen. One fold envelops the womb, Fallopian tubes and ovary on each side, thence passing to the walls of the pelvis and upward. Two folds from the womb pass backward, and, encircling the rectum, pass upward, lining the part known as the small of the back. Hence if we could look down upon the true pelvis from above, we should see the womb, Fallopian tubes and ovaries suspended in a swing and held in place with guy ropes. The organs are thus enabled to move forward, backward or sideways a little, but we must remember that the space in which they are held is small, and that the movement is limited. We notice, looking down upon the top of the womb, that the peritoneum dips down between the

ligaments which we have described as supporting the womb, and forms, between the rectum and womb a cul-de-sac, or blind pouch. This extends down the rectum, and for about a quarter the length of the vagina. Below that point the back wall of the vagina and the front wall of the rectum are practically one.

In front of the womb, between the vagina and the bladder, there is another dipping down of the peritoneum for a distance, but below that point the front wall of the vagina and the posterior walls of the bladder and urethra are practically one. It is not easy to impress this arrangement of the parts on the mind, and as the reader may not have an opportunity to study a manikin or illustrative plates, it will be necessary to read this description several times.

The Position of the Rectum

The rectum, the lower end of the large bowel, begins a little behind the left ovary. To understand this better, it is well to know that the part of the abdomen surrounding the navel is occupied chiefly by the small intestines, which enter the large intestine (colon) in the region of the right groin. The colon here turns upward to the short ribs, forming what is called the ascending colon; then, making a sharp turn, passes entirely across the body just above the navel, thus forming the transverse colon; it then makes another turn, passing downward to the left groin, thus forming the descending colon. In the left groin it makes an S-like turn, going toward the center of the body and fitting itself to the curve of the sacrum, and thus forms the rectum, which descends behind the womb and vagina and terminates in a backward turn at the anus. This brings the S-like turn of the colon immediately behind the left ovary. This will explain to many sufferers from inflammation or tenderness of the ovaries why a movement of the bowels or an accumulation of gas in them causes pressure on the tender left ovary and produces pain.

The Function of the Bladder

The function of the bladder is to receive the urine from the kidneys. This it does through a small duct from each of the two kidneys. These ducts are called the ureters. The kidneys are constantly sending down urine in small quantities to the bladder, which, when it becomes full, is discharged through the urethra. The bladder is a strong bag with muscular walls. It is situated in front of the womb, and when fully distended it rises a little above the pubic bone. It is lined with a mucous membrane, which is continuous with that of the urethra to its orifice, the meatus urinarius, and there it unites with the mucous membrane covering the labia majora and labia minora.

The intimate relation and connection of the womb, the vagina and the bladder explains the many symptoms arising from displacements of the womb. When the womb tips forward, it rests upon the bladder and irritates it, provoking inflammation. If it rests upon the ureters, it stops the free

passage of the urine from the kidneys to the bladder, and thus, by backing it up in the kidneys, produces disease. If it tips back, it must press upon and partially close the rectum, producing constipation, hemorrhoids, tumors, etc., and injuring the system by retaining the matter of which it is trying to rid itself.

Blood Supply of the Organs

The blood supply of the generative organs is an exceedingly interesting subject, for we find here conditions existing nowhere else in the body and explaining the nature of the diseases with which we are confronted and the peculiar action of Viavi in curing them. It may be said in general terms that an artery is a vessel which carries the purified blood from the heart to the various parts of the body. Being pure, it is a bright red. The veins are the vessels which carry the blood from all parts of the body to the heart, to be sent thence to the lungs for purification, and being filled with impurities, it is of a muddy, dark blue color. Technically, there are exceptions to these definitions of arteries and veins, but they will serve our present purpose. The circulation will be more fully treated in a subsequent chapter. The generative organs have a bountiful supply of blood vessels, and they are so connected with one another that the blood will find its level from one organ to another. This is somewhat different from the arrangement observed in other parts of the body, especially with reference to the veins. In the limbs, for instance, the veins are furnished with valves, which, by closing, prevent the return flow of the venous blood; but in the generative organs there are no such valves; as a consequence, the blood of one organ freely mingles with that of another. In the muscular tissue of the womb the blood vessels are exceedingly tortuous, so that when the womb increases in size during pregnancy the blood vessels are stretched out, and if they were not crooked they would rupture. Therefore in the unimpregnated womb we find large spaces occupied by arteries, which are small lakes of blood. Hence the liability to an undue gathering of blood there, and this is what is called congestion.

The Nerves of the Organs

The high organization and supreme value and usefulness of the generative organs mean a most elaborate system of nerves for them. Behind the womb, covering the face of the sacrum, is a most exquisite network of nerves, outrivaling in its intricacy the most elaborate design in lace. There are nerve centers everywhere throughout the generative region, and nerve fibers running in every direction, and these unite with great branches entering the spinal cord and thus running to the brain. There are also chains of nerves intimately connecting the organs with the great nerve centers of the abdomen. So the nerves of these organs not only communicate with the brain directly, but also with the motor, sensory and sympathetic nerve systems of the entire organism.

The base of the brain has the government of these particular organs. This explains in a measure the origin of those headaches at the base of the brain with which women are so liable to suffer, and which may radiate to various other parts of the head.

How Protection Is Secured

As we study the position of the external organs of generation we are impressed with the security which their sheltered position affords them. We find the same fact true with regard to the internal organs. We see that they are held in a bony basin of great strength, and that they are bound together by the strongest ligaments; we see how ingeniously they are swung, so that they may have the requisite freedom of motion, a matter the great importance of which we shall see when we come to a discussion of pregnancy; we note the wisdom displayed in placing the organs in that part of the body; we note the wonderful character of the blood supply, for furnishing large quantities of pure blood and removing the impure blood; we observe the intimate nervous connection between these parts and the brain and the entire nervous system. Upon seeing all these things it is impossible for us to believe that it is all a work of chance, but must admit the handiwork of an all-wise and beneficent Creator. From all this care, this protection, this elaboration, this perfect and highly developed organization, we can infer the importance which the Creator sets upon the generative function, and the jealousy with which the means for perpetuating the human family are guarded.

Why Knowledge Is Necessary

Nothing is clearer than that it is a most binding duty resting upon us to know all that we can of this important part of our natures, to guard our health and capacity in that regard with the highest intelligence and the most earnest conscience, and to be as sedulous in avoiding disease as in curing it. If we learn what the natural laws are that govern us in this respect, we shall know how to avoid and cure disease. If we do not know what is right, we are most apt to do innocently what is wrong, and if we violate the smallest of Nature's laws we shall surely suffer the penalty. Nearly all suffering comes from violation of natural laws as a result of ignorance concerning them. Not living in a state of nature, we must make intelligence take the place of instinct. We are so far removed from our natural primitive condition that it is impossible for us to live properly unless we learn by study how to do so.

Effect on Coming Generations

There is another matter still more serious, and this is that the sins of the parents are visited upon the children unto the third and fourth generations. None of the evil effects of an unhealthy heredity is more noticeable than those which arise from an unintelligent care of the organs of generation. We may philosophically bear punishment which is the result of our own misconduct, but there

is no way under heaven by which we may atone for the evils that we transmit to the innocent and helpless sufferers for our misdeeds. And we must remember that we are bound to commit misdeeds, however innocently, unless we acquire the knowledge that enables us to avoid them. Chance cannot be depended on to carry us safely through. Experience shows that it rarely does. It is too late for us to repent and learn after our children have come into the world burdened with the weakness and suffering that we have thrust upon them. We have sown the wind and must reap the whirlwind. There remain before us, as accusing witnesses, our own offspring, unconsciously charging us with sins of omission the gravity of which cannot be exaggerated. We start a new line of the marked and maimed. From every sufferer thus brought into the world—and their name is Legion—there comes a silent plea for a host of noble men and women who can feel the responsibility resting upon them and appreciate the power which they could exercise by reversing existing conditions. There is gratifying evidence that such a force is steadily making its way to the front, and those engaged in the Viavi movement will see for their own part that their whole duty is done.

CHAPTER X.

PROTECTION FOR THE ORGANS.

WE have already said something about the jealous care which Nature has taken for the protection of the organs of generation. The subject is so interesting and important, and so many valuable truths may be drawn from it, that we shall now inquire further into the subject.

The generative organs are not a series of semi-independent mechanisms, but they constitute a wonderful and perfect system, the integrity of each depending on that of the others, and all working together harmoniously for the grand purpose of perpetuating the race. In order that this purpose may be served to the best advantage, Nature has not only provided for the greatest possible security, but has invested the function with inherent charms, graces, pleasures and blessings whose enjoyment is necessary to the completeness of life.

Great Diversity in Harmony

The human body is made up of a wonderful series of systems within systems. When we come to a study of the blood and its circulation we shall see how complete is the system therein represented. We shall find an equally marvelous system when we reach the alimentary tract. We shall see another when we probe the mysteries of the nervous system. So it is with the generative system. All of these systems are composed of numerous organs, each of which, while having its special work to do, is in the closest sympathy with the other organs of the partnership, and in a condition of health they all work together with unfailing intelligence and harmony. Each depends upon the others for doing their share properly and faithfully. In discussing the circulation we shall see how the blood is formed; how, charged with nutriment which it has taken from its neighbor, the alimentary tract, it travels to every part of the body, repairing waste and removing refuse; how the heart, the arteries, the veins and the lungs, all separate organs, work harmoniously together for the common good. We shall see how the blood depends upon the alimentary tract for its nutriment. We shall see how this in turn depends upon the nervous system, and so on through a wonderfully complex

but perfectly harmonious scheme, in which the various systems have organs with special functions, but all working together, and how the various systems depend upon each other, forming a community of interests and labors of a still higher order. No army was ever so intelligently organized as this marvelous body of ours. No discipline was ever so strict, no division of labor ever so perfect, no punishment for infractions of the laws of government so severe.

The Importance of Generation

The generative system is one of the most important. Indeed, while it is not the most essential to the immediate needs of our personal lives, it is the only one that has that infinitely higher purpose, the projection of our lives upon the screen of the endless future. It is the one whose study and contemplation lift us out of the sordid selfishness which the other systems of our being tend to encourage. It is the one that brings us the highest and finest and most ennobling pleasures of which life is capable. And let it be said to our everlasting reproach that it is the only one that some of us are inclined to look at askance, to be ashamed of, and to refrain from understanding. A realization of this distorted and unwholesome view of our life and its duties and obligations, and of the incredible harm and suffering that such a view entails, constitutes one of the mainsprings of the Viavi movement. Knowing that people cannot live intelligently unless they learn how; knowing that the larger part of suffering comes from ignorance; knowing the sacredness and importance of this subject, we shall not be content to relax in our labors while a single woman remains ignorant of the most vital things in life.

Dependence of the Organs

As we have shown, the organs comprising the generative system are the vulva, the vagina, the womb, the Fallopian tubes and the ovaries. A great mistake lies in considering these organs as independent entities. This partially explains the dreadful practice of removing one or more of them by surgical means—a practice which completely ignores the fact that not alone do these organs constitute a perfect system among themselves, each depending for its usefulness and health upon the presence and health of all the others, but also that by reason of the close relation which the generative system as a whole, and its various organs as individuals, bear to the general economy of the body, their disease or removal represents an outrage which every part and function of the body resents, and for which it suffers. Neither a human being nor a lower animal can be deprived of a single one of these organs without being rendered incomplete, and no woman can enjoy life as Nature intended she should whose generative organs are afflicted with disease in the slightest form. Even though a woman may not be aware that her imperfection cripples her, the fact is nevertheless evident to others.

The Function of the Ovaries

The foundation of a woman's sex is the ovaries. All her other organs of generation are subsidiary to them, are provided as conveniences to serve their purpose. The eggs, so minute that they are not visible to the naked eye, and numbering at the beginning over 30,000 (though many of them never come to maturity, but naturally perish), require, some of them, over thirty years after puberty to mature. Upon maturing they push their way through the outer covering of the ovary, are caught up by the fringe of the Fallopian tube, and carried forward through the tube to the womb. It travels through the tube to the womb, there, if impregnated, to remain nine months in its process of developing into a human being. The womb is perfectly adapted to this purpose. At the expiration of nine months the walls of the womb contract under the influence of the nervous system, and this contraction expels the child from the body. The womb and vagina, with their orifices, possess remarkable elasticity in health. Upon coming into contact with the air the nervous system of the child receives a bland shock, which, communicated to the diaphragm, causes it to begin that rythmical action which compresses and expands the lungs in the act of breathing, air enters the lungs, breathing begins, and the miracle of life is accomplished. What that life will prove to be, depends upon the physical condition of the mother both before and after the birth.

The Provisions For Protection

Observe the extreme care taken by Nature to preserve this system of organs from harm. The external organs are placed between the hips, where the strongest muscles and most abundant tissues are found. Cushions and linings of fat are provided for greater security. The abdomen and thighs project in such a way as to make it most difficult for any ordinary accident to reach the organs. The buttocks, or nates, the rounded fleshy parts on which the body rests in sitting, form thick cushions of the strongest muscles, which thoroughly protect the contents of the pelvic cavity in sitting or falling. Again, we find that the arteries, veins and nerves which supply this region so change their course on their way to the pelvic organs and the lower limbs as to avoid any approach to the surface, on the contrary, deeply imbedding themselves to enjoy perfect protection. We have already spoken of the great strength of the bones of the pelvis, this strength coming not alone from their thickness and firmness, but also from their cylindrical arrangement. In studying the other parts of the body we find nothing like this perfection in measures to secure protection. The skull is very strong, but not nearly so strong as the pelvic bones, and the head has no thick cushion of muscle and fat to guard the brain. It is so with the thorax, or bony structure of the chest; the ribs are fragile in comparison with the pelvic bones, and they present wide spaces through which the vital organs may be reached with ease. Even the spine and the spinal cord, so essential to the body, have no such protection as that given to the generative system.

All Germ Life Is Guarded

This is not an accidental arrangement. We find it all through Nature. We observe that the reproduction of all living things is guarded with the greatest care. Take so simple a thing as a bean. We find that it has a strong outer skin, and that when dry its two fleshy halves within are very hard. Snugly packed away between them, at the germinating end, is the little germ which will become the plant. It is a complete bean plant on a minute scale, but it is so small and so compact that it is difficult to understand this. Not only is this embryonic plant securely protected by the fleshy lobes of the bean, but these lobes, after they have become softened by the moisture of the ground, furnish the food upon which the infant plant lives and by which it grows until it has had time and strength to send down roots and put forth leaves, and begin life on its own account Observe the great strength of the pit of a peach. Yet this little nut, which a strong blow with a hammer is required to crack, opens gently of its own accord when the seed within it announces that it is ready to grow and become a tree. Like the bean, the flesh of the peach seed is composed of two lobes, and snugly tucked away between them is the little germ that will become a tree. We might fill this entire volume with the wonderful ways which Nature employs to perpetuate her children of all kinds, and the marvelous ingenuity and affection that she displays in guarding the means by which this may be accomplished. When we see Nature regarding the subject as one of so great importance, and exhausting so much pains and ingenuity in accomplishing her results, should not we find in the fact an earnest appeal to our conscience and our intelligence to ascertain her purpose with regard to us, to learn all that we possibly can, and to bestow upon the subject that reverential regard which Nature demands from us?

The Internal Organs Shielded

Let us pursue the inquiry still further, for every step of it is fascinating and instructive. We find that the internal organs have been provided with even a greater protection than the external. First, there is the powerful bony basin, which we have already discussed. This is formed of some of the strongest bones of the body, bound together so firmly that movement is impossible, except in those parts where movement is necessary to the functions of the organs. These great bones of the pelvis are lined with cushions of muscular tissue, to protect the internal organs from the bones themselves; they also constitute the medium in which the nerves, arteries and veins may be safely protected as they pass into this cavity and distribute themselves to its contents. The sacrum, which forms the back bony part of the pelvis, arches forward at the top, forming the promontory of the sacrum, which almost covers the womb and ovaries, partially protecting them from the weight of the bowels above. When the bowels are full they are heavy. The promontory of the sacrum projects them forward, making the greater part of their weight rest upon the

abdominal walls. These walls are so strong in a healthy woman that they will hold the bowels in place. Often, when the womb is pushed out of place by the bowels being crowded down by tight lacing, the circulation in the womb is impeded, and it becomes enlarged, with the result that the promontory, which before afforded it protection, now holds it as a prisoner. This crowding down of the bowels is caused also by the habit of sitting on cushioned chairs or on the end of the spine. When the heels are elevated, as by high-heeled shoes, the natural forward inclination of the pelvis is thrown somewhat backward, so that the promontory of the sacrum no longer affords a shelter for the womb, but allows the cavity to be more open and the bowels to crowd into it. Cushioned chairs press upon the blood vessels in the under side of the thighs near the knees, disturbing the circulation, damming up the blood in the pelvic cavity, and tending to produce congestion and inflammation.

We have already spoken of the suspension of the womb and the ovaries, the latter being under the Fallopian tubes and behind, yet attached to the folds of the broad ligaments. Thus these organs, being in a swing, are able to adjust themselves to the varying positions of the body, and in pregnancy the womb is permitted to rise into the abdominal cavity as it increases in size. This freedom of movement is necessary also when the bladder becomes distended, as the womb can then retreat a little. Likewise, when the rectum is filled with fecal matter the womb can advance. If these organs were fixed, the crowding of the bladder and rectum upon them would cause inflammation and excruciating pain.

Brain Center of the Organs

Let us next observe the wisdom displayed in keeping the generative organs in constant communication and close sympathy with all parts of the body, by means of the nervous system. These organs are under the direction of the special part of the brain whose function it is to control them. This is the lower back part of the brain. Directly connecting these organs with the back part of the brain are nerves, one set carrying orders from the brain to the organs, and another set carrying to the brain the sensation of pain indicating disease in the organs. This accounts for the headaches that so many women have at the base of the brain.

An important fact in this connection may be mentioned here. Many a child is found to have a passionate nature at a very early age. It is a familiar fact that heat applied to any part of the brain will excite the action of that center, because it draws the blood to that part of the brain and thus supplies it with an undue amount of nourishment and stimulation. Hence if the child's head rests upon a soft, warm pillow, particularly if the child is lying on the back, that part of its brain becomes heated and the sexual instinct is stimulated. In such cases a flat, hard mattress, light covering, and a moderately hard, cold pillow are to be used.

The Nervous System Explained

The three great classes of nerves are the sensory, which carry impressions from the parts to the brain; the motor, which carry impulses from the brain to the parts; and the sympathetic, which unite all parts of the body in one community, and which serve to equalize the circulation and regulate the distribution of nutriment. When disease invades the generative system this equal distribution is interrupted, the circulation is interfered with, and congestion and inflammation result.

Often we find that by reason of the derangement of nervous forces produced by disease a pain originating in a diseased condition of the uterine organs is transferred to the lungs, or the heart, or the kidneys, or the legs, or some other part of the body. Many disastrous consequences have followed a failure to interpret these symptoms correctly. For instance, perfectly sound ovaries have been removed, and women thus maimed for life, on an erroneous diagnosis which led to the belief that they were diseased, when the pain in them was of a simple neuralgaic character, originating in some other part of the body, and easily amenable to treatment. Hence we realize that not only may diseases of the generative organs produce pain in some other and healthy organ or part, but that pains arising from disease in some other part of the body may be situated in healthy generative organs. We are now beginning to comprehend the complexity of the nervous system.

Reflex Symptoms Not Understood

The motor nerves, those over which the brain, consciously or unconsciously to us, sends its commands to the various organs and parts, are placed in close relation with the nervous system of the generative organs by numerous connections and ramifications. Thus it is that paralysis of some part of the body, as a leg, may result from a disease of the uterine organs.

One of the commonest symptoms of these diseases is backache. This is simply an irritation of the nerve centers of the spine by the uterine disease. From this symptom, frequently experienced, arise the more complex and remote aches and pains. It is demanded of every woman that she understand the meaning of these pains, wherever they may be. It is not unusual to see a woman suffering with, perhaps, a pain between the eyes, or with partial blindness, or with dyspepsia, or with pain in any other part of the body, and yet be wholly ignorant that the seat of it is a uterine disease. Innumerable instances have been found in which women suffered no uneasiness in the generative organs when they were badly diseased, and were utterly unconscious of the fact that they were diseased in that way, or that the pains which they had in other parts of the body had their origin there. It is true that an experienced observer plainly sees the truth in the sufferer's face, but it is more important that she herself should know. It is for the purpose of teaching those who are willing to know that this volume is prepared. Many women have had trouble

with the eyes, the back, the head, the digestive organs, the bladder, etc., and were entirely relieved and permanently cured, after placing themselves under the Viavi system of treatment, which by assisting Nature to cure the central disease in the generative organs, abolished all the symptoms that arose from them.

It is manifestly useless, if not injurious, to treat directly the numerous remote symptoms arising from uterine diseases. Many curious illustrations of obscure and unexpected conditions arising from uterine disease have come under the notice of Viavi representatives. A woman had become almost completely bald, and had expended, without good results, a great deal of money and labor in the use of special preparations announced as cures for baldness. She had been more or less troubled in the generative region, but, like most women, had made the mistake of accepting that condition as the inevitable lot of women. When, however, she adopted the Viavi system of treatment, which assisted Nature to increase the recuperative power within her body, the uterine trouble not only passed away, but she was amazed and gratified to discover that her hair returned in full vigor and quantity, after she had abandoned the use of the hair specifics. It has been so with cases of partial blindness, and with many other reflex conditions. It is almost impossible to set a limit on the variety of distressing conditions in every part of the body that arise from diseases of the generative tract. Naturally and as a matter of course all these disappear when the resistive power of the body has been materially increased.

CHAPTER XI.

DEVELOPMENT OF GIRLS.

LIFE in all its stages and phases is a study of endless interest and profit. On every hand we constantly find surprises and beauties. The more we study, the more we marvel that so little regard is paid to the sacredness of life, to the duty of guarding health and strength, and to the laws which govern our being. An evil tendency is to cultivate a conceit which encourages us to believe that science is omnipotent and can be made to take the place of Nature—that our intelligence can be made to supplant the Creator's!

Sex Has an Early Origin

One of the most important of all the studies of life is to observe the development of the generative organs from the time when the child is still in the womb to that when she merges into womanhood. In even an early stage of fetal life we find the organs of generation. Presently the ovaries, those centers of life, establish their identity. At this stage they are bound and protected in the region of the kidneys, just as are the testicles of the male. Gradually, as the fetus approaches maturity, the ovaries in the female, as also the testicles in the male, descend to the position which they will permanently occupy throughout life. At the time of birth the ovaries contain all the eggs that they will ever have, though as yet they are in a rudimentary state. Even after the birth of the child they will remain undeveloped for twelve or fourteen years, until puberty arrives, and then a wonderful change takes place.

Development of the Organs

What marvelous wisdom is shown in holding back the development of the ovaries and eggs during the period of childhood! So far as human intelligence reaches, there is no evident means by which this development of the child-bearing power is retarded. The child is a perfect human being in all ways save that of the reproductive powers. It is perfectly natural and normal. The brain centers controlling the development and function of the generative organs are present and are perfectly healthy, but as yet the mysterious power that directs

the course of Nature withholds the blood supply within them that would bring about development. As a consequence these brain centers remain quiescent and inert. Their day and power have not yet arrived. But in good time, from the twelfth to the fourteenth year, sometimes earlier, sometimes later, the current of nutritious blood to them opens up, bringing food and strength. The centers develop, and the nerves leading from them to the generative system awaken to their duties. The blood supply of the generative organs is stimulated and increased, the organs develop, and the child becomes a woman.

The Growth of the Infant

Meanwhile other wonderful processes, preparatory to this, have been going on. At first the infant lies helpless in its mother's arms. Where is the mother who, particularly with her first child, has not watched the sweet baby face change day by day as it was marked by the development of intelligence? First she observed the infant's discovery of its sense of touch. She found it caressing her face with its baby hand, and affectionately patting the breasts from which it drew nourishment. Then would come its exclamations of satisfaction, safety and content as it would nestle in her arms, enjoying to the full the warmth, love and security which it found there. She sees it carry everything to its mouth, to test it by the touch of lip and tongue. She then sees the sense of sight come into play in the process of this examination, as the child critically regards everything that it brought to its mouth. She sees the wonder and interest that it manifests when placed at the window to look out upon the great world of which in time it will become a part. She sees it begin to creep, impelled by the forces hidden within it and urging it on. She observes it gradually come to the erect posture, and suffer the innumerable falls and minor accidents that form part of the great scheme of life in all its stages. She notes the persistency with which it labors to master the art of walking, and with what ingenuity it uses her gown, or the table, or a chair for support.

The Uses of Surplus Energy

Another phase of the development now appears. The child, at last able to walk and run about, shows a vast amount of surplus energy. Unless we study and understand we wonder why it does so many unnecessary things, why it works so hard to accomplish nothing useful, why it is so noisy, why it so dearly loves freedom, why it instinctively prefers sound, healthy, cheerful people to those who are ill and morose and nervous, and why it does all the thousands of strange, unaccountable and seemingly foolish things that make up the life of childhood. The wisest of Nature's purposes resides behind its every act. Its vast amount of surplus energy, which it must expend or suffer the consequences, is given in order that by expending it the muscles and bones may be developed and hardened, the blood kept actively in circulation, the organs made

to work up to their full capacity, and every other foundation laid for a vigorous life in the serious years to come. To repress these tendencies is to load the child with a burden under which it will labor the rest of its life. To deny it any of the kindness and affection which it craves is to prevent proper development of the finer and higher side of its nature, and permit the lower, or more animal side, to gain ascendency. Weak, suffering and nervous mothers, for all their affection, have done more to cripple the lives of their children than all the forces that come into play in later years. And back of the harm thus done is that other, represented by the ill health of the mother before bringing her child into the world. Women have been actually advised to have children as a cure for their ailments! It is assuming a terrible responsibility to advise a woman to secure her own comfort at the sacrifice of the happiness of the life to which she gives birth.

The Mind Also Is Developing

During all the years of childhood the development is proceeding. Play and romping assure the physical development of the little life, provided that its food, sleeping and natural functions receive intelligent care. If not, the penalty will be paid—there is never any escape from punishment for infractions of Nature's laws. Along with the bodily growth has come that of the affections, from the love which the parents bestow. The one remaining part of the child's nature, the mental, also has been growing at a prodigious rate. Every act of its life has taught it something, has added strength and experience and wisdom to some part or function of its brain. The co-ordinating faculties of the brain have marched abreast with the others. With all this comes what is termed the child's education—the training of his higher mental qualities in the schoolroom.

A New Existence Is Begun

But there comes a time when a great and wonderful change takes place, with far more rapidity than any hitherto. Let us see how it approaches. We have seen the girl playing and romping with her schoolmates, in utter unconsciousness of the destiny awaiting her. She has never troubled her head over the nature of love and marriage, though these were familiar phenomena. The only difference she had observed between the boys and girls who were her companions was that the boys were rougher and coarser and louder than the girls. She naturally preferred the companionship of girls, because they, like herself, were daintier and gentler and finer. Her openness and frankness were noticeable. She could look her little world openly in the face. She could spend more energy in running and playing in a day than a grown person could thus give in a year.

Presently there is an inclination not to be so much of a romp; Nature is making a call on her vitality for a purpose vastly higher than childish play.

A strange, soft whisper comes to her soul, and the wistful tenderness in her glance shows that the higher mysteries and beauties of life are unfolding themselves to her understanding. She grows quieter and gentler. A touch of the softness and repose of womanhood has come into her bearing. To her the girls and boys of her acquaintance take on a strangely diverging aspect. Romance is kindled in her heart. She finds beauties that she had never seen before. Poetry opens up fountains within her whose existence she had never imagined. In her dreamy moments she thinks of some wonderful hero who will come into her life. She has ceased to be a child.

Important physical changes have kept abreast with this development. The lips have become fuller and redder. The bust has enlarged and become firmer, the hips have broadened and the thighs become larger. Within the secret laboratory of her nature the miracle has been worked. The brain centers have developed, the organs of generation have asserted their presence and purpose. One of the many thousands of rudimentary eggs in the ovaries has ripened, burst through the thin membrane covering the ovary, been taken up by the fringe of the Fallopian tube, and carried to the womb. This has accompanied the first menstruation. Thus has the baby finally arrived at puberty. For about thirty-two years this condition will continue.

It is at this time that a girl needs all the affection and care that a mother can bestow. It is a time when the newly acquired capacity, brought on by so great a change taking place within so short a time, is likely to manifest itself in stronger desire than at any other time of life. Two serious dangers, which any mother can understand, now lie in wait for her, and every care should be taken to avert them. Tastes may be developed and habits started which mean the wrecking of self-respect or health. The girl is bound to learn; the strong new force within her kindles a curiosity and creates a demand for knowledge. If she does not learn from her mother she will from some other source, and thus acquire likely a distorted and unwholesome idea of life. Before puberty has arrived the mother should take her daughter kindly in hand, and by patient and constant instruction teach her the laws that are about to be brought to bear upon her, and strengthen her for their observance. The most disastrous results have followed the neglect of this important, this essential duty. It is an infinite reproach to the mother that the daughter should discover herself a woman and feel shame for her condition.

CHAPTER XII.

PRE-NATAL INFLUENCES.

FROM what we have said in foregoing chapters concerning Heredity, Environment and Development of Girls, it is easy to infer that the character, conduct and condition of the parents are matters vitally affecting the welfare of the child. In following chapters we shall show particularly what these effects are, how they are produced and how they may be remedied, with special references to girls. We shall now consider some very important matters of a general character, affecting the duties of parents before the birth of the child, and the tremendous responsibilities that are involved.

Children Should Be Well Born

There is nothing more deplorable than the heedlessness with which children are permitted to be born. If there is any right to which a child is entitled it is to be born well and on purpose. Simply to "let Nature take its course" is to invite suffering and lay the foundation for much of the misery in the world. The true starting point in a realization of our obligations is a knowledge of the fact that whatever good we have in life is the result of deliberate and intelligent planning on our part. We cannot have a house to live in unless we either design and build it, to suit our needs, or find a suitable one that some one else has built. We cannot sustain life unless we eat, and we cannot eat unless we not only plan to do so, but exercise intelligence in the selection of food. We cannot get happiness in the home or success in any undertaking unless we work seriously to secure it by adapting ourselves to the conditions that surround us and molding them to our purposes. Whatever we do that brings us any benefit we plan for and work to secure. This is an immutable law of Nature, and its exactions rest upon every living thing. In a struggle for existence and for the fulfilling of its destiny the most insignificant plant in the forest is called upon to exercise whatever of strength, resistance or intelligence it possesses. The only instance in which we see a disregard of these

obligations in their highest form, the bringing forth of offspring, is in the most advanced human races. This is the greatest reproach that rests upon civilization.

One Purpose of Our Creation

It is all the result of ignorance, of a failure to study and obey the laws of Nature. For what were we created? Merely to gratify our whims, fancies and appetities? Even the humblest plant knows better than that. Observe, for instance, the commonest annual in our gardens. Its normal course is to take a certain length of time to come to maturity, produce its flowers and seeds, and then die. But if we withhold water before it reaches maturity, note the astonishing thing that takes place. The plant, realizing that the natural course of events in its life has been interrupted, and feeling within itself a purpose for which it was created, at once begins to hurry its processes. It ceases expending any material or energy on growing to attain its normal size, and concentrates all its efforts on the reproduction of its species. It puts forth flower buds, hastens their blooming, and rushes forward the process of maturing its seed; so that, at the end, the usual time of ripening its seed has been greatly abridged. Then it dies after its wonderful struggle, but it has fulfilled a law of its creation—the perpetuation of its kind.

The Plants Teach a Lesson

The first grand lesson for us to learn is that we were not created merely for ourselves, nor for others around us. To ourselves and to those about us we owe much, and we cannot discharge the other duty well until those obligations are met; but above and beyond them is the grandest of all—intelligent preparation for the reproduction of our kind. It does not merely happen that plants bear seeds for the perpetuation of their species. The most wonderful and ingenious provisions are made by Nature for fertilization. In plants whose blossoms contain both the male and the female principle, the arrangement of the parts is such that when the male pollen ripens it falls upon the female ovules beneath, and thus fertilizes them—that is, fits them to produce after their kind. In plants in which some of the blossoms are male and others female, and in still others in which all the blossoms of one plant are male and all the blossoms of another female, honey is secreted which attracts certain insects; and these, in going within the blossom to seek the honey, brush against the male pollen conveniently placed that they may do so, and in going to a female blossom for more honey leave the pollen on projections conveniently placed by Nature to receive it. Thus fertilization takes place, and the perpetuation of the species is provided for. But note the great ingenuity of the scheme by which it is accomplished. Nothing more ingenious or more deliberately planned by the Creator could be imagined. This plan, infinitely modified and varied, extends throughout all the range of living things. Its high-

est, most complex, most beautiful manifestations are in the human family. And yet it is here only that it is regarded with shame, here only that its principles and purposes are perverted and degraded, here only that disease and suffering result from its violation.

A Conception of Possibilities

Knowing, as we do, upon a little study and reflection, that we were not created merely for ourselves and those about us, but also for the purpose of perpetuating our kind, it would seem that no obligation resting upon us could be so strenuous as that of fitting ourselves to discharge this duty with the highest intelligence telligence and the quality of our conscience determine the whole destiny of and destiny could there be than that of realizing that the measure of our intelligence and the quality of our conscience determine the whole destiny of the race—its capacity for happiness, its ability to achieve, its power to bring purity out of debasement, and in the full light of wisdom to work out the manifest designs of the Almighty? And what greater or sweeter reward could we enjoy than to see ourselves surrounded by bright, healthy, wholesome, pure-minded children, developing into true and sturdy manhood and womanhood, bringing sunshine and peace and strength into our lives? We may take pride in our own achievements, but what pride is so fine and deep as that which we take in the nobility and fine achievements of our children? In all the range of human enjoyments there is none so bright as that, none that brings so much comfort, so blessed a content. Only by being competent to discharge our whole duty can we win the pleasure that such discharge bestows, and there is no pleasure in the world so deep and satisfying and permanent. Only by bringing forth children wisely can we invest them with the attributes which will enable them to enjoy the pleasure arising from their discharge of duty. To leave anything to chance is to insult the wisdom of the Creator, set His laws at defiance, and seek to place our poor powers above the masterful forces that rule the universe.

The Advance of the Generations

When Oliver Wendell Holmes, physician, scholar and poet, was asked at what age we should begin to live aright, he replied, "Two hundred years before we are born." Behind this half-humorous answer lay the profoundest wisdom. It is clear that we ourselves cannot provide two hundred years in advance for our welfare, but we can provide two hundred years in advance for the welfare of our progeny. By preparing wisely and conscientiously for the birth of our own children to a competent and happy existence, we implant in them, by the law of heredity, a tendency which they will naturally follow to live wisely and conscientiously to secure the welfare of their children. These in turn will inherit a still stronger tendency of the same kind, so that the sixth generation, which will appear two hundred years after us, will certainly be

vastly superior to us. This must be so, because we find it so in other directions. All of our finer domestic plants and animals came originally from wild and crude stock, which by intelligent breeding and cultivation we have brought to the present state of development. It is only ourselves that we neglect in this regard, while paying so intelligent attention to the operation of the law in the case of plants and animals! And we have not yet reached, and never will reach, the limit of perfection to which we can improve the species that we are constantly evolving to higher types. Our race horses are becoming fleeter and finer year by year. Japanese jugglers and acrobats are the finest in the world simply because Japanese acrobatic fathers train their sons to be acrobats, and these sons train their sons to be, and so on from generation to generation.

Our Production of Incompetents

Instead of applying to ourselves a law with which every one of us is so familiar, we ignore it, depending on ignorance and chance to work miracles, or caring nothing about the subject whatever. Under such circumstances how can we be surprised, why should we complain, that there is so much suffering in the world? It is estimated that in the United States alone there are seven hundred thousand incompetents filling our prisons and insane asylums, and otherwise living on the bounty of the thrifty and hindering the progress of the race. We are responsible for their existence, but the fact does not seem to alarm us. What is true in the United States is true in every other civilized country, with varying proportions of incompetents. How can we expect, in the life to come, that full reward which we are taught is given for an earnest and conscientious discharge of our duties in this life? What excuse is there for our ignorance and negligence when we see and understand so well their evil results.

Nature's Confidence Betrayed

There are two influences determining the welfare of our children. One is our condition before their birth, and the other the manner in which we rear them. The first of these is called pre-natal influences—that is, influences existing before the birth of a child and operating upon its whole life after birth. We are all aware that a sickly tree will bring forth no fruit at all, or that if it does, the fruit will be of a poor quality, and scant in quantity. If we find such a tree in our orchard we at once try by every means to bring it to a condition of health, and if we fail, we dig it up and destroy it. The races of men are Nature's human orchard. When this great and wise farmer finds that one of us is sickly, she tries by every means to bring us to health. In order that this may be accomplished she has first provided us with intelligence, which she expects us to employ in utilizing the agencies that she has placed within our reach for that very purpose, but if she finds that we persistently refuse or neglect to exercise our intelligence and employ these agencies, she uproots

us and destroys us. She argues, just as a human farmer does, that we are of no use to her in her great purposes, that our presence is even injurious. She ceases to care how much we suffer in disease, and gives no thought to our dread of death. We have failed to fulfill the purposes of our creation, and we must perish. And yet, with what a pang she must surrender the effort to make of us what she intended! She had brought us forth in mighty travail. She had exercised miracles of ingenuity and force in creating us. She had endowed us with the highest and noblest capacities within her power. She had planned for us to discharge wondrous duties. She had designed us to be the sublimest work of her hands, the most powerful, the most complex, the most beautiful, the one perfect product of her handiwork. With all of these attributes she had endowed us with perceptions denied to all her lower creatures. She had given us an immortal spirit. She had endowed us, alone of all her marvelous array of creatures, with a conscience. Alone among all the bewildering variety of her living children, she had given it to us to know God, to comprehend His laws, to revere Him, to comprehend His purposes, to walk in the light that His countenance sheds. What, then, must it mean to her to see us ruthlessly and recklessly betray the trust that she has reposed in us, scorn the splendid duties that she has laid upon us, scoff at the laws of the great God with whom she had set us face to face, and drag through the mire of disease and suffering the splendid opportunities which she has set in plain view before us?

Ignoring a Great Responsibility

What parent with the slightest shred of conscience can contemplate these mighty truths without hearing the solemn entreaty and warning of the Creator in the still depths of the soul? What mother can hold her helpless babe in her arms without feeling in her heart the tremendous pressure of conscience that called upon her wisdom for exercise before she brought the child into the world? And while obligations of a very serious kind rest upon the father, it is upon the mother that the heaviest obligations are laid. It is she that bears within her body for nine months, nourishing it with her own blood and impressing upon it her own moods, the helpless soul that is to appear in due course to meet the strenuous condition of life. It is from her breast that it must draw its sustenance for a most vital period of its existence. It is from her tenderness, patience, wisdom and strength that it must imbibe the formative influences of its post-natal existence. "The future of society," says Dr. Beaufort, "is in the hands of the mothers. If the world were lost through woman, she alone can save it." What truth could be more evident? It was the great Napoleon who said, "The future destiny of the child is always the work of the mother."

It is to awaken women to the responsibilities thus indicated that the Viavi movement bends its energies, and it is from the practical success of its efforts that its intense vitality comes.

A Strange Lack in Literature

Some of the most touching passages in the literature of all nations refer to the mother's love for her child, her sacrifice, the sweetness, purity and undying devotion that lend so much sublimity to her presence. But why has it been reserved for dry scientific treatises to speak of the mother's influence upon the child before its birth? We can see upon a little reflection that a mother's care and affection for her child are natural, we may say instinctive; and although this detracts nothing from its inexpressible beauty, it still does not call for the manifestation of that higher intelligence, that trained conscience, which assail and master the overshadowing force of pre-natal influences. Napoleon stated but half the truth when he declared that the best citizens of France were the mothers who had borne the largest number of children. Far back of that, and of infinitely more vital importance, is the fitness of mothers to bear children, and their intelligent preparation for the duty. What the popular literature of civilization most sorely needs is to rouse the consciences and enlighten the minds of both men and women on the fearful consequences of ignorance and neglect before the birth, before even the conception, of children.

Children Are Invited Heedlessly

Upon this subject a great woman has said: "We have been taught that it is an awful thing to commit murder, to take human life, and so of course it is. There is no difference of opinion on that subject. But do you know that there are students of anthropology and heredity who think that it may be even a more awful thing to thrust, unasked, upon a human being a life that is handicapped before he gets it? That it may be a more solemn responsibility to give than to take a human life? In the one case the murderer invades personal liberty and puts a stop to an existence more or less valuable and happy, but at least all pain is over for that invaded personality. In the other case, in giving life, you invade the liberty of infinite oblivion and thrust into an inhospitable world another human entity, to struggle, to sink, to swim, to suffer, or to enjoy. Whether the one or the other, no mortal knows; but he surely knows that it must contend not only with its environment, but with its heredity—with itself. For we all follow the line of least resistance. Did you ever think seriously of that? No man is bad simply from choice. If you are good and true and lofty it is simply because, all things considered, that is to you the line of least resistance. The parents of the race must make it easy to be good, easy to be true, hard to be ignoble or criminal, not by rewards or punishments—those methods have been weighed and found wanting—but by the very blood pulsations that are transmitted from both parents to the children to whom they take the tremendous responsibility of giving life. It is the fashion to repeat, 'The hand that rocks the cradle rules the world.' Every one knows that this is not true in the sense in which it has always been used. It is true, alas, in a sense never dreamed of by politician or publican."

Responsibility In Maternity

A great man, who is successful beyond the common, who is wealthy, socially to be envied, who enjoys almost ideal family relations, who is a man of broad intellect, who is beloved, successful, powerful, a famous lawyer, of international renown, has said this: "The more I think of it all, the more I delve into philosophy and science, the more I understand life as it is and as it must be for long years to come, if not forever, the more I wonder at the sturdy bravery of those who are less fortunate than I. Does it pay me to live? Would I choose to be born again? Were I to-day unborn, if I should be asked for my vote, knowing all I do of life, would I vote to come into this world? Taking life at its best estate, are we not assuming a tremendous risk to thrust it unasked upon those who are least safe from its pitfalls? With the world's conditions what they are to-day, with the physical, moral and mental chances to run, with woman—the character-forming producer of the race—half-educated, it is little short of madness to cast that vote recklessly for another human pawn, who could hardly conceivably stand my chances in the world. It is a crime unless the mother is physically healthy, a mentally developed and comprehending, morally clear, strong, vigorous entity, who knows her personal responsibility in maternity, and, knowing it, maintains it."

Ignorance Brings a Heritage

A great editor, commenting upon a call for a series of women's congresses, wrote: "The purpose is to illustrate and celebrate the progress of women. Accordingly there will be sessions to discover the achievements of women in art, authorship, business, science, histrionic endeavor, law, medicine, and a variety of other activities. But so far as the printed programmes enable us to judge, not one thing is to be done to show the progress of women as women. There will be no showing made of an increased capacity on their part to make homes happier, to make husbands stronger for their work in the world, to encourage high endeavors, to maintain the best standards of honor and duty, to stimulate, encourage, uplift, which from the beginning of civilization have been the supreme feminine function. Nothing, it appears, is to be done at the congresses to show that a higher education and a larger intellectual advancement have enabled women to bear healthier children, or to bring them up in a manner more surely tending to make this a better world to live in—the noblest of all work that can be done by women. We need no congress to show us that women are more thoroughly educated than once they were, or that they can successfully do things once forbidden them. But have wider culture and wider opportunities made them better wives and mothers? A congress which assumes that the only thing to be celebrated is an increased capacity to win fame and money, will teach a disastrously false and dangerous lesson to our growing girls. This fatal blunder as to the value of woman's development, as woman, quite aside from her home relations, has retarded the real civilization

and caused to be transmitted (unnecessarily transmitted) the characteristics which have gone far to make insanity, disease and deformity of mind and body the heritage of well-nigh every family in the land."

Evils of Incompetent Motherhood

A noble woman adds this to the literature of the subject: "Ignorant and undeveloped motherhood has been a terrible curse to mankind. An incompetent artist is merely a pathetic failure. A superficial woman lawyer simply goes clientless. A trivial woman doctor may get a chance to cure one or two patients, but her career of harm will be brief. A shallow or lazy woman journalist will be crowded out and back by the bright and industrious fellows who are her competitors. But a superficial, shallow, incompetent or trivial mother has left a heritage to the world which can and does poison the stream of life as it flows on and on in an endless widening of incompetence, or pain, or disease, or insanity, or crime."

Women Desirous of Knowledge

How easy it is to learn the truths that lend to motherhood its highest power! Nature has been too wise to confront us with impossible tasks, or with difficult obligations that discourage us. She has made the vital problems of life so simple that the most meager intelligence can grasp them. Certain things are born in the wife-heart and mother-heart, and it is merely our duty to find them, understand them and develop them. We know of their existence; Nature thrusts them upon our notice.

From all this it can be understood why the Viavi movement places education upon these matters as the basis of its work. The fatal defect of the ordinary methods of treating the ailments of women is that they do not put women in possession of the knowledge that it is absolutely necessary for them to have. With amazing shortsightedness it seems to treat them as mentally incapable of understanding themselves and their duties and diseases. We in the Viavi work know by multiplied experiences that they are not only eminently capable, but that in their hearts they are eager for the truth that has been withheld from them, and never fail to acquire it when it is placed before them in a pure, intelligent and rational form; and that with such an understanding the dangers to which they ignorantly and innocently expose themselves and their offspring disappear.

Natural Rights of Children

The lesson that we draw from this discussion is that the condition of the parents, particularly the mother, before the conception and birth of the child, is reflected in its condition throughout its whole life. The first right of a child is to be born on purpose—to be longed for, planned for, loved even before it is conceived. But as this planning is not practicable in all cases, for the reason that children

may unexpectedly appear, and, what is most lamentable, sometimes when they are not desired, the next right of the child is that its parents, particularly its mother, should be fully prepared for parentage. The great, overshadowing source of pre-natal harm to children is found in the unhealthy condition of the mother's generative system. If the great danger came from lung troubles, or stomach troubles, or the like, then our attention would have been directed to that. But such is not the case. It is the terrible prevalence of weakness and disease in the generative systems of women, and the far-reaching effects of those conditions upon the life and condition of the sufferer and the life and condition of her offspring, that represent the great evil of civilization, and it is at this evil that the Viavi movement is aimed. The plan for reaching it is complete—first, the education of women upon these subjects; second, the placing in their hands of a treatment that brings them the highest possible standard of physical excellence; the knowledge that these conditions should be cared for early, while Nature can help, before it is too late. The educational feature enlightens their minds and arouses their consciences, besides insuring that intelligent use of the treatment which removes irregularity of use and uncertainty of results; the curative feature represents the most natural means that modern science has been able to produce for establishing a sound physical condition.

CHAPTER XIII.

A MOTHER'S INFLUENCE.

WHATEVER weakness or strength a woman has before the birth of her child, it most likely will have afterward. Whatever good or evil influence she can transmit to her child by heredity, she will impart to its environment. Thus, whatever of good or evil a woman transmits to her child will be increased after its birth. This is a subject of boundless importance, both to the mother and her child. Let us contemplate the mother who is unsound and perhaps nervous and irritable before conception; she will impart that condition to her child. Thus these two, forced by Nature to belong most intimately to each other, become a source of mutual irritation, each increasing the other's burdens, each rendering the other more unhappy, each adding to the other's unfitness to enjoy life and make the most of its opportunities.

The converse of this picture is as bright as the other is gloomy. The hearty, sound, wholesome mother imparts her condition to her child. It comes forth a joyous young being, adding immeasurably to the mother's pleasure in living, and in turn receiving from her a strength, comfort and support greatly in addition to that which it received from her by heredity.

A Noble View of Motherhood

Says Mary Howitt: "God sends us children for another purpose than merely to keep up the race; to kindle our hearts; to make us unselfish, and full of kindly sympathies and affections; to give our souls higher aims, and to call out all our faculties to extend enterprise and exertion; to bring round our firesides bright faces and happy smiles, and loving, tender hearts." That gracefully expresses a beautiful truth. It is not possible for a physically imperfect mother to have for her child that affection which has its basis in perfect wisdom. She may adore it, she may lavish upon it all the affection of which her nature is capable; but it will not be the sound, rational affection of the physically perfect mother; it is bound to have an element of petulance and impatience, to be uneven and ill-balanced, to lack in the steadiness and smoothness that great depth imparts. There is nothing so terrible as that common and tragic form

of melancholia in ailing mothers which finally leads them to the destruction of their children. Many a mother, finding her own life unbearable, has killed her children before taking her own life, fearing to leave them motherless to the mercies of a selfish world. And what are almost invariably the diseases producing that condition? Those of the generative system. That is the simple, terrible truth.

Uterine Diseases Most Disastrous

It is for the reason that diseases of the generative system affect the nervous system, and consequently the mind, more seriously than any other diseases to which human beings are subject, that mental infirmities, with tragic results, so often arise from them. Women do not go insane from consumption, nor Bright's disease of the kidneys, nor any of the ordinary or malignant diseases that are generally, but erroneously, deemed far graver than those of the generative system. No diseases have so great an effect as those of the generative organs in rendering mothers irritable and the noise of their children annoying. On the contrary, the so-called fatal diseases often have a softening effect, for the reason that they gradually blunt the nervous sensibilities, while producing no weakening of the emotional nature. As a consequence, a mother may be dying of consumption, yet to her the music of her child's prattle is still the sweetest in the world, the clasp of the childish fingers still the warmest, the yearning of the childish heart for comfort still the first to find a response.

Invariable Effects of Disease

The mother suffering with a disease of the generative organs is constantly under a nervous strain, because the generative organs constitute the grand center of the female economy during the generative life. Every nerve in her body cries out unceasingly. Every external impression must travel over suffering nerves to reach the brain, where it must of necessity paint a picture more or less distorted. Every noise is an irritation. The whole complexion of life is changed to a greater or less extent, but always and invariably to some extent, whether the sufferer may be aware of the fact or not. Demonstrations of affection from the children and from all others have either a weakened force and significance, or become positively distasteful.

So much for the manner in which external impressions are translated by the mind. It is equally bad with internal impressions—with thoughts originating in the mind and with the emotions of the heart. They necessarily and invariably, to a greater or less extent, partake of the diseased physical condition. They must be erratic, unstable and ill-directed. They must be weaker than in a condition of physical health. Love may insensibly merge into hate. Impatience easily becomes intolerance. The judgment must suffer. The perception and understanding of external things being imperfect, there must be irregularity and uncertainty in the conduct based upon them.

Why Children Need Affection

No one will deny the intense, instinctive craving of a child for the fullest measure of its mother's affection. That instinct is implanted within it for a wise purpose. Being a helpless creature, it is required by Nature to look to some source for comfort, protection and guidance. If it had been provided with greater ability to take care of itself, it would have been furnished with less desire for maternal affection. Such is the case with the lower animals. They have less affection for their parents in proportion to their greater ability to shift for themselves. Young fishes have no maternal care, for they are created able to take care of themselves; as a consequence, they have no maternal affection. The higher we ascend in the scale of living things, the more helpless are the young, and consequently the stronger their affection for their mothers. At the very top of the scale are human beings, in which we find the childish love for the mother the most pathetic thing in the world. How can any human being find the heart to deny the infinite longing of the little soul for the smallest measure of comfort that a mother's care can bestow? And it is in the gratification of this longing that the child experiences the greatest of all forces that can come into its life for developing the deeper, truer, more lasting, purer, more beautiful side of its character. There is no love under heaven that can take the place of the wise, competent mother's.

The Child Requires Guidance

The child needs a great deal more than affection from its mother—it needs her guidance. How wonderful and beautiful beyond all estimation is Nature's plan for the care of the young! In the first place, she contemplates a prospective mother who feels vaguely a desire for offspring; she provides intelligence to avoid errors of all kinds; after the child is born she provides that the mother should have for it the strongest affection of which the heart is capable, and that the child should have a similar affection for the mother; and lastly, she aims that the mother should be the guiding and developing force in the most important period of the new life's existence. Absolutely nothing is wanting in this beautiful scheme, and nothing ever is lacking except the exercise of the intelligence with which Nature has provided the mother. A failure to exercise this intelligence is not only a running counter to the plans and laws of Nature, but it invariably brings punishment; and not alone is the mother the sufferer, but also the innocent life that she has brought forth; and not alone does this suffering affect the whole life of the child, but is in turn transmitted by it to other innocent lives. And all this suffering is so easy of avoidance! It is a singular and significant fact that Nature imposes severer punishment for the violation of her laws with reference to generation than any others. Very often we find less intelligence among human beings in the care of their offspring than among the inferior orders. Is there any room for wonder that there is so much suffering among civilized races, that so fearfully large a pro-

portion of women are unfit for this splendid duty, and that the world is filled with so vast an army of incompetents? Is there any wonder at the zeal of Viavi advocates and the immensity of the field in which their labors are demanded?

Aims of the Viavi Movement

We are aiming to make the world realize the overwhelming importance of increased intelligence as the basis of intelligent living and sound health. We seek to correct the boundless evil of keeping women in ignorance concerning a matter that lies closer than any other to their own happiness and that of the world. We hope to instill a universal knowledge of the fact that the diseases of women, which receive the least attention, are perhaps the cause of more suffering, directly and indirectly, than all the other diseases in the world combined. It is an unwholesome state of the public mind which keeps these subjects in the background. There is no reason why they should not be studied and discussed under proper circumstances in all sweetness, wisdom and purity. Those who teach that they cannot, are enemies of the race. A vast amount of popular literature is issued concerning consumption and other malignant diseases that slay their thousands. Movements have started in various places to isolate consumptives, that they may not serve as sources of infection. The first appearance of a case of smallpox means a hurried removal to a pesthouse. Enormous sums of money are spent by municipal authorities to secure wholesome sanitary conditions. Governments give untiring attention to quarantine regulations. The appearance of diphtheria and typhoid fever calls for prompt and rigorous sanitation. Health boards promulgate elaborate instructions and precautions for the public good. Yet all of these sink into insignificance when compared with the diseases that are discussed only in medical publications, that are withheld from those who would most benefit by a knowledge of them, and that cause greater and more lasting misery than all other diseases combined. To recognize this evil, break down this rejudice, spread enlightenment and bring health and happiness, constitute the mission of those engaged in the Viavi movement.

This Contrast Will Give Pause

If a child has been well born, the probabilities are that it will be well reared. The painful converse of this is just as true. Viavi advocates are in a specially strong position to see and understand the contrast between intelligence and ignorance in this regard. On the one hand they see, as the result of their efforts, young women entering matrimony with a sweet and wholesome understanding of its meaning and dangers, and physically as well as mentally prepared for the sacred undertaking. They see young mothers pass safely and happily through all the trials preceding the advent of the new life in the world. They observe the child to be possessed of all the mental and physical

excellencies that it can inherit from a sound and wise mother. They find it receiving all that its little heart yearns for in the way of affection, and all that its after life will require in the way of patient and intelligent training. They foresee, as the result of these conditions, a long and happy life for the child, its training by the mother in the ways that made her wise, and the foundation thus laid for a new and vigorous line that will constiute the backbone of all that is best in civilization.

On the other hand, they see girls marrying who are physically unfitted for the ordeal, and who are uninformed of the trials and dangers that they will inevitably encounter. They see, as a result, unhappy marriages and disrupted homes. They see illness generally result, and if a child is born, the handing down to it of weakness that will cripple it forever, and the withholding from it of the full measure of affection and intelligent training that might in a great measure have been employed to counteract the ills that it inherited. Many volumes might be filled with the results of their observations along these lines, and it would be a startling and tragic record, containing vastly more of gloom than of brightness. But it will be sufficient here to give two typical cases, each illustrating a phase of the subject.

Career Ending in Prison

In the State of Michigan a highly nervous mother—afflicted with a uterine disease—had not been well since the birth of her little boy. When the lad arrived at the age when boys are full of life she could not bear the noise that he made and that every boy has the right to make, could not stand the annoyance of innumerable questions that every child has the right to ask, could not bear the presence of the rollicking young life that was so much out of harmony with her own; and so, for the protection of her shattered nerves, she sent him into the street to find life, freedom and amusement. There he formed associations and acquired tastes and ideas of whose nature his mother was ignorant, and when he had grown to young manhood he commited a murder, for which, after trial and conviction, he was sentenced to imprisonment for life. He was her only child. How much of an evil tendency he may have inherited from her by reason of her unsound condition, and how much of it was developed by his youthful street associations, it would be profitless to inquire. He was the product of his mother's condition—of that there can be no mistake. He had not, in infancy, drawn from her breast the sustenance that means so much to a child. His yearning for his mother's wholesome and patient affection could not be gratified, and thus the best in him could not find development. He could not have the wise guidance that a mother should give in the early days of childhood. And the broken-down, middle-aged woman, prematurely old, dragging herself to his cell day after day, what did she lose? Not only the comfort and sweetness and expanding influence of her child, but the thing that too late had become the apple of her eye—her child himself.

and by one of the most infamous of all ends. Yet we know, as well as human understanding can know anything, that all this suffering might have been avoided; that had the teachings and curative powers of Viavi been accessible to this unhappy woman, and she had availed herself of them, all this anguish and shame could have been averted.

Great Mothers of Great Men

From such pictures as this—and they might be multiplied into a volume that would startle the world—it is a relief to turn to the bright side, and observe the noble men and women whom the wisdom of parents has made competent for the higher duties and possibilities of life. It is a familiar saying that "the mothers of great men have themselves been great." What made these mothers great? At the foundation they must have had perfect physical health, for without it no woman can be able to impart greatness to her children or inspire it in them. Who can imagine the mother of a Jesus, a Buddha, a Washington, a Gladstone or a Frances E. Willard a peevish, sickly woman, irritated by the noise of her child and driving it into the street for companionship? Who could imagine her weakening her unborn son's life with unwholesome prenatal conditions? Who could imagine her other than a woman perfect in all the physical qualities that secure the sweetness, patience, wisdom, love and strength of a perfect woman? Let us compare the life of the mother who drove her son to the street and the prison with that of the mother of Washington. Is it necessary to contrast the anguish of the one, the despair, the self-reproachings of immeasurable bitterness, with the glorious realization of the other that her son was great in all the attributes of the highest manhood, and that in founding a splendid empire he gave a new and mighty impulse to the evolution of the race? Is there a man or a woman so indifferent as to be unwilling to chose between these two conditions? Is there one who will confess the lack of spirit, pride and energy to avoid the dark chasm and seek the sunlit heights?

Case of Frances E. Willard

The pages of history are crowded with illustrations of great men and women born of great mothers, but only one will suffice to serve as a type—Frances E. Willard. And we shall let her tell the story in her own way, in her own words. That gives it a living force that no historian can impart. From a child brought up in the woods of Wisconsin, Frances Willard rose to be the world's leader in temperance and other moral reforms, and the chief mover for the political enfranchisement of women. How much the mother contributed to the greatness which the child achieved may be easily seen in the daughter's history. She always spoke of her mother as "Saint Courageous." Could any name be more eloquent? Of her mother she wrote: "I could scarce tell where her thought ended and mine began." There was a wonderful blending

in that, the merging of mother into daughter, the impressing upon the daughter the mother's strength and goodness. In order that we may know how a great woman regards the mother who helped to make her great we shall quote somewhat extensively from what Miss Willard wrote about her mother:

"There are not many men, and as yet but few women, of whom when you think or speak it occurs to you that they are great. What is the line that could mark such a sphere? To my mind it must include this trinity—greatness of thought, of heart, of will. There have been men and women concerning whose greatness of intellect none disputed, but they were poverty-stricken in the region of the affections, or they were Lilliputians in the realm of will. There have been mighty hearts, beating strong and full as a ship's engine, but they were mated to a 'straightened forehead.' There have been Napoleonic wills, but unbalanced by strong power of thought and sentiment—they were like a cyclone or a wandering star. It takes force centrifugal and force centripetal to hold and balance a character to the ellipse of a true orbit.

"My mother, my Saint Courageous, was great in the sense of this majestic symmetry. The classic writer who said, 'I am human, and whatever touches humanity touches me,' could not have been more worthy to utter the words than was this Methodist cosmopolite who spoke them to me within a few days of her ascent to heaven. She had no pettiness. . . She had been, in her beautiful home, a mother so beloved that she drew all her household toward her as the sun does the planets roundabout him, but she became a mother to our whole White Ribbon army. . . She believed in her sex; she had pride in it; she regarded its capacities for mental and moral improvement as illimitable, but at the same time she was a devoted friend to men. How could she be otherwise, with a husband true and loyal, and with a loving and genial son?

"She never expected us to be bad children. I never heard her refer to total depravity as our inevitable heritage; she always said, when we were cross, 'Where is my bright little girl that it is so pleasant to have about? Somebody must have taken her away and left this little creature here with a scowl upon her face.' She always expected us to do well; and after a long and beautiful life, when she was sitting in sunshine calm and sweet at eighty-seven years of age, she said to one who asked what she would have done differently as a mother if she had her life to live over again, 'I should blame less and praise more.' She used to say that a little child is a figure of pathos. Without volition of its own it finds itself in a most difficult scene; it looks around on every side for help, and we who have grown way-wise should make it feel at all times tenderly welcome, and nourish it in the fruitful atmosphere of love, trust and approbation.

"With such a mother my home life was full of inspiration; she encouraged every outbranching thought and purpose. When I used to play out-

of-doors with my brother, and do the things he did, she never said, 'Oh, that is not for girls!' but encouraged him to let me be his little comrade; by which means he became the most considerate, chivalric boy I ever knew, for mother taught him that nothing could be more for her happiness and his than that he should be good to little sister. . . To my mind the jewel of her character and method with her children was that she knew how without effort to keep an open way always between her inmost heart and theirs; they wanted no other comforter; everybody seemed less desirable than mother. If something very pleasant happened to us when we were out playing with other children, or spending an afternoon at a neighbor's, we would scamper home as fast as our little feet would carry us, because we did not feel as if we had gained the full happiness from anything that came to us until mother knew it."

Miss Willard's paper runs on thus at length, recounting the infinitely sweet companionship and trust existing between her mother and the children. After the daughter had become great and her name and good deeds were known in every corner of the civilized world, she never forgot the wonderful woman who had done so much for her. One month in every one of the many years that passed was spent with that dear soul in a quiet retreat. "Neither mother nor daughter," says Miss Willard's biographer, "was ever able to brook the thought of invalidism; they could not bear to think of rivers that die away in the sand before their life is spent. They wished rather to resemble those streams which run full-breasted to the sea, and bear to the ocean upon their bosoms fleets of prosperity and of peace."

Lady Henry Somerset, who visited Miss Willard, wrote this about her: "I had read her life and had some knowledge of her work, and with that work of course Miss Willard's mother's name was closely associated. But only when I crossed the threshold of Rest Cottage could I realize what a factor that mother had been in her great career. . . A lady of such fine, delicate instinct, with a mind so cultivated and purified by continued aspiration toward the good and true; with a face serene and full of that inherent worth which came to her through her spotless ancestry and her own natural purity and refinement, I at once classed with all the greatest and noblest that I had ever met."

One of her favorite mottoes was this, by Victor Hugo: "I am rising, I know, toward the skies; the sunshine is on my head; the nearer I approach the end the plainer I hear around me the immortal symphonies of the worlds which invite me."

The brilliant career of Frances Willard, the foremost woman of the nineteenth century, the one who worked solely and unselfishly for the good of women in all lands, was dazzling in its public aspects, and in all its phases we may see the magic touch of her mother's influence; but before she had become so famous she was doing a work no less noble as Dean of the North-

western University, at Evanston, Illinois. There she was instilling into the girls under her charge the deathless spirit which her mother had instilled into her. Of this part of her work one of her pupils says: "It was my happy lot to be one of those whom she designated as 'my girls.' What it was for girls to be closely associated with Miss Willard in the formative period of their life, only those who know her well can at all appreciate. Such broad views of life and destiny as she opened to our sight; such high ideals of character as she set before us; such visions of the heights to which we might climb, of the noble deeds we might achieve, and, with it all, such a deep and weighty sense of responsibility for the use we made of life, with its gifts and opportunities, I have never seen nor felt through the inspiration of any one else. It was like living on Alpine heights to be associated with her.' The influence of such a life as that will never perish.

What Viavi Advocates Recognize

It is a knowledge of the overshadowing value of parental influence that helps to arm the soul of the many thousands of women actively engaged in the Viavi crusade. On the one hand they see women groping helplessly in the dark, suffering through an ignorance that has been largely forced upon them, and in turn transmitting their weaknesses to their children. And it is the daughters, dragged into existence without their consent who are the chief sufferers. It is bad enough that boys are born with tendencies that drive them to ruin; it is infintely worse that girls, the chief factors in the sustention of the purity, strength and nobility of the race, should be made the innocent instrumentalties for its undoing. But Viavi advocates have the happy assurance that their efforts to raise the standard of women are heartily appreciated and are bearing noble fruit.

CHAPTER XIV.

A TALK WITH MEN.

WHILE the burden and main purposes of this volume are an appeal to the conscience and intelligence of women, the responsibility of men in the premises is so great that it cannot be ignored. Their obligation is two-fold—they owe it to themselves to make the most of their capabilities, and for that purpose to smooth the way as much as possible to the worthy ends that they wish to achieve, and they owe it to their wives and children to extend to them all the comfort and protection that their welfare and happiness demand. It is unfortunate beyond all estimation that men rely too little upon their own common sense in matters affecting the health of their wives and daughters, and depend too much on the interest and skill of those whose methods they take no trouble to comprehend.

Men's Obligation To Learn

When a wife or her daughters are suffering and in need of treatment, the Viavi representative always seeks to secure the co-operation of the husband and father. Experience covering millions of cases throughout the world has firmly established the fact that often a man's more practical training renders him quicker than a woman to see and accept the common-sense character of the Viavi system of treatment, and that when the treatment has been adopted with his concurrence, he takes an active interest in its proper use, with the consequence that perfect results are secured. For this reason it is deemed proper to offer some suggestions to men concerning the ailments peculiar to women. It is a subject that unfortunately many men avoid through a sense of delicacy—a most praiseworthy trait where it is wisely exercised; but if it is exercised at the expense of the happiness of the family and the husband's aims in life, it is unwise and hurtful. This entire volume should be studied by every husband and father with an appreciation of the fact that most of the vital things in life depend on a knowledge of the matters herein discussed. And it is the duty of every wife to impress that fact upon her husband, and appeal to all that is best in him to master these truths.

Need of Parents' Confidence

The following incident, while not germain to a discussion of the afflictions with which this book has to deal, is selected from thousands of cases that have come under the observation of Viavi representatives, because it will show to fathers with peculiar directness the need of looking after their children and establishing perfect confidence with them.

A bright boy sixteen years old had made no growth since he was thirteen. As a consequence, he was at a disadvantage in his school classes, and when he was placed in a large mercantile house he found other and larger, though younger, boys promoted over him, while he was as bright and capable as any, though so small and childish-looking that the proprietors would not advance him. A close observer might have noticed that he suffered in some way, but being a very modest boy, and his confidence not being invited, he kept his counsel. Finally, when he had passed his sixteenth year, his health broke down. A physician was summoned, and he found that a twist in the spermatic cord prevented a development of the lad's sexual nature. From natural efforts to force the development in spite of the obstruction, illness and great suffering had ensued. The difficulty was easily remedied, the boy quickly recovered, and at once began to grow with astonishing rapidity. He became an entirely different boy. He grew strong where he had been puny before, rapidly blossomed into young manhood, and was at once promoted to a more responsible and lucrative position. If there had been the proper understanding between father and son the trouble would have been averted when it first appeared, for the boy knew that something was wrong and would have told his father had he been encouraged to do so.

A valuable lesson to be learned from this case is the important relation that a proper development of the sexual nature has to the welfare of the child. We shall see later how common is retarded development among young girls, and how sorely they are in need of wise and kindly guidance from their parents. The case that we have here cited represents a condition that is far more common than parents realize, but cases of retarded development in boys are of insignificant occurrence in comparison with the untold thousands of similar cases in girls.

The Business Point of View

If we regard the health of the family from a mere business point of view, we shall find it highly important. In the pursuit of whatever undertaking he has, a man of good sense will make its conditions as easy as possible, for thereby he saves strength and time which he can profitably employ in advancing his interests. If he finds that the house in which he works or does business is unhealthful, and that in consequence his strength is sapped, his attention weakened and his purse drained by doctors' bills, he will move into a better house. If he finds his assistants or associates a drag instead of a help, he will get rid of

them as soon as possible. It is neither economy nor common sense to have inferior aids to success, or aids that actually prevent success, if it is possible to secure helpful aids.

The condition of a man's family bears a very intimate relation to the measure of success or failure that he secures. Not only is his wife his partner in a moral sense, but she is so in a business sense, even though she may know nothing about his business. If she is unwisely, through ignorance, expending money that he entrusts to her care for the welfare of the domestic partnership, she is crippling him financially. Perfect health in a wife is required for the exercise of that clear judgment upon which the proper management of the household concerns depends. If she is ailing, or peevish, or weak, she cannot take the interest in his business success that she could if she were well and hearty, and her condition depresses his spirit and saps his strength. This proposition seems so self-evident that one might wonder why it is stated here; but the truth is, and this is amply proved in the experience of Viavi advocates, that comparatively few men consider this phase of the subject at all.

The Matter of Cost Considered

The amount of money which a man expends for the treatment of his wife and daughters is, of course, a secondary consideration, the main thing being to secure their health, whatever the cost may be—if the man is able to afford it. For it is infinitely better to live in a hovel with health than in a palace with disease. At the same time, it is little less than criminal to waste money, no matter how much a man may have. If the needless spending of money impoverishes the family, a deplorable condition is presented. Countless men have their noses kept to the grindstone by expenditures for medical attendance upon their wives and daughters. The reasons are very plain. As the skill of ordinary methods of treating women's diseases is too often inadequate, the attendance must be practically continuous or frequently repeated. This means steady doctors' bills and prescription charges. If an operation is performed the services of the good surgeon and no other should be employed. Men should know that their loved ones may be saved from an operation if the conditions are taken in time, and Nature given the necessary assistance.

Of course, a true husband and father would care nothing for any expense—provided it is a physical possibility for him to meet it—that would restore his loved ones to health. But after all is spent, and nothing has been accomplished, what has been the benefit from the expenditure? We all know that medical or surgical attendance for the diseases of women is the most expensive in the whole category of disease.

Compared with such expense, that incurred by adopting the Viavi system of treatment is insignificant. This ought to appeal to the common sense

of a man. In addition to this, the expenditure produces tangible results—by Nature's method and that is the only way by which a cure can be effected.

Paternal Pride in Children

If a wife is also a mother she has the gravest responsibilities that can rest on a human being—graver than any a man can be called upon to meet. Apart from the natural affection that a man has for his children is the pride that he takes in them. It humiliates and grieves him to see them inferior to other children. A man takes pride in the sturdiness and manliness of his sons, and in the beauty, sweetness, modesty and brightness of his daughters. He may love them all the more if they are deficient, but there is a deep numb pain in his love that nothing can cure.

He will realize, upon a little reflection, that as it is a law of Nature for like to produce like, an unsound wife will bear inferior children, and that a mother lacking to the smallest extent in perfect physical health cannot give her children the kind of affection and guidance that their natures require in order that they shall develop naturally and properly. Therefore no reasonable man can question the assertion that he is called upon to take the closest interest in the physical welfare of his wife, and that he cannot do so unless he makes a study of her needs and condition, and devotes intelligence, care and affection to the task.

Damage Done by Examinations

Let a father reflect what it means to a girl to be submitted to an examination, even by a most considerate physician if she falls ill—and these examinations are almost invariably made, and are rendered wholly unnecessary by the Viavi system of treatment. Is it right to outrage the most sacred quality that a young girl possesses? Can we expect any good from this blunting of her delicate, sensitive, refined and sacred sensibilities? Can we understand how much the guarding of a girl's modesty means to her sweetness, her daintiness, her safety? Rather let us, with all the intelligence and heart that God has given us, guard and cherish this quality that means so much to a woman, that lays the exquisite bloom of modesty on her cheek.

What is true of daughters is true also of wives. Has a man the right to expose his wife to any sort of humiliation and shame, if he can avoid it? Is it not clearly his duty to ascertain if it is not possible for this bitter cup to be withheld from her lips? What woman wants to undergo such an ordeal? What man who is a man in the truest sense but that would save her from it if it lay in human power to do so?

Limit to a Man's Confidence

The health, the modesty, the happiness, the life of those nearest and dearest to him is a question that every man should take into the innermost depths of his soul. Not even a physician can have an interest in a man's family and welfare equal to his own? This is not meant to cast any reflection upon a faithful discharge of

duty by physicians. That is not the question. It is simply, Can any one, even the family physician be as deeply concerned for the vital interests of a man and his wife and daughters as the man himself? We must not expect more of human nature than it is capable of doing. If we do we shall suffer the consequences.

With regard to the skill of physicians, we have to say that in our opinion they generally exercise faithfully all the skill they possess. Many of them are lavish in their efforts to do good. That their skill has proved inadequate in diseases of women is shown by the numberless sufferers who have been treated and yet suffer. It is not the fault of the physicians, but of the system under which they were trained. There are some physicians who are a great deal more than the product of their scholastic training. Being naturally broad, as their experience accumulates they gradually enlarge their views. Even though taught to despise the methods of other schools of medicine just as successful in practice, and to regard such methods as charlatanry, or as foolish or even dangerous, they learn by observation that their education was faulty, and they adopt such measures of cure as they find to be effective, from whatever source these measures come. Such physicians indorse the Viavi system of treatment when they learn its value, just as other conscientious and common-sense persons do in other walks of life.

Empiricism Clearly Defined

Upon the score of medical empiricism this may be said —and it will appeal to the common sense of every man: Physicians are taught in school that the only rational method is the one that they learn. It is ground into them that all other methods are founded on ignorance or fraud. Hence they are inclined to denounce all other methods as empirical, inelastic and inadequate, seemingly overlooking the fact that the position which they take, considered with all the circumstances, exactly meets their own definition of empiricism. We can see how this must be so when we reflect that there are numerous different and opposing schools of medicine, and that they heartily denounce one another as worthless or worse. Hence, if we accept the dictum of reputable physicians of all schools, we shall have to admit that all schools of medicine are worthless or fraudulent. Now, we all know that they are not. We know that the medical profession is one of the noblest and most useful, that the great bulk of its followers are earnest, intelligent, unselfish, high-minded men. And we know that there are just as successful physicians in one school as another. We know that they all fail when it comes to the treatment of the diseases of women, but that fact does not affect the usefulness of physicians in other diseases. And we know that besides being unable to cure the diseases of women they are unable to cure cancer, consumption, Bright's disease and the other so-called incurable diseases. If a physician is unable to cure a uterine disease he ought not to be any more ashamed to confess the fact than his

inability to cure the other diseases which are beyond his skill. His inability should spur him to seek and apply an efficient remedy.

A Man Must Use Judgment

The deduction from all this is that it is easy to place too much confidence in the skill of another. Suppose that a man has a lawsuit seriously affecting his interests. Will he sit down and occupy his mind with other matters, leaving all the work to his lawyers? Not if he has any common sense. He will know that his lawyers have many other cases, that their interest is of necessity divided, and that no matter how much money he may be paying them for their services, they could not in justice and fairness neglect their other clients. Instead of leaving everything to them, he will realize how much there is at stake and will give them every assistance in his power. He will seek out every shred of evidence that might be useful in his suit. He will ascertain the bearing of the law on his case. He will insist on knowing why they do this or that, for, realizing that he has common sense, he knows that it is a quality valuable in every concern of life, and that no amount of special training can take its place.

It is so with everything; he will not trust important matters wholly to others. He carries that rule into every essential part of his business. At every step he will realize that his responsibilities in matters affecting him are greater than those which any one else can possibly feel. He will know that not a single other person can give the subject that concentration which he can give, that attention based on a realization of its vital meaning to him.

Why should he make an exception in the case of his wife and daughters, who trust so much to his manliness, generosity, chivalry, devotion and intelligence? In what other concern of his life could there be so urgent a demand upon him for the discharge of all the duties that his responsibilities create?

A Physician and a Representative

There being nothing professional in the relations existing between a Viavi representative and a suffering woman, there are none of the constraints and restraints existing between a patient and a physician. The sufferer does not feel her utter ignorance and helplessness, nor is she made to realize that she must depend blindly upon the skill of the representative. On the contrary, she is not only taught that she must know herself and the nature and cause of her ailment, but is taught that these diseases should be treated as soon as possible while her vitality and recuperative powers are most active. Her sense of her own responsibility is roused. This forms the basis of her intelligent use of the treatment, enables her to know the nature of the progress that is being made at any time, warns her against the errors that might retard recovery, makes her understand what lack of wisdom caused the disease, and impresses upon her the knowledge of how disease may be avoided in the

future. This, it will be seen at a glance, discloses a relation utterly different from that existing between a physician and a patient; and this difference is of very great importance, explaining many of the victories which the Viavi system of treatment wins over ignorance and its companion, disease.

Benefit of a Close Confidence

The mutual confidence that grows up between a sufferer and a Viavi representative is beautiful. Out of it arise conditions of the greatest value to the sufferer in her progress toward a cure. The sufferer opens her heart, is enabled by the knowledge that she acquires to explain her condition intelligently, and, having her conscience roused as well as her mind informed, has a far stronger resolution to recover, and is more faithful in adhering to the treatment. And it is only a woman who can make a woman understand the value of her sex, the importance of health and the effect of disease on herself and all about her.

More than all this, and of the greatest value, is the ethical view which the Viavi representative takes of her work. With her the commercial feature of it is of secondary importance. Being a woman, with a woman's natural sympathies roused by her moral (which is very different from scientific) appreciation of the evils incurred by disease in women, she exercises over the sufferer a moral influence that must be productive of wholesome results. As a matter of fact, endless experience has shown this to be so. The ailing woman who has come under the Viavi system of treatment is easily discovered by her wider intelligence, her greater serenity, self-reliance and happiness, and her deeper appreciation of the duties and opportunities of women. If the Viavi system of treatment accomplished no more than that it would still be the greatest of all the elevating forces operating for the benefit of women; but in addition to that it assists Nature to cure them of disease; and thus it trebly arms them—mentally, morally and physically—for discharging those duties which bring the highest happiness to them and to all within the scope of their influence. This relation, and these results, are impossible between a physician and a patient. Neither the physician, the patient nor the patient's husband would desire that such a relation should exist.

The Sexes Treated Differently

Men may not be generally aware that the generative nature of men is treated with far more consideration than that of women. Every day thousands of women throughout the civilized world are deprived of their sex by the surgeon's knife, but the emasculation of a man is so rare an occurrence as to be extraordinary. Why this difference? It is partly explained by the fact that as men generally live more rational lives than women, diseases of their generative system are fewer. But there are other reasons operating far more extensively. As a surgeon is generally a man, he knows the value of sex to him in every way, and consequently the value of sex to other men; hence he will not

emasculate a man except as a last resort, to save him from immediate danger of death. Yet men have many and serious diseases—of the testicles, which correspond to the ovaries of a woman. If these organs are removed from a man he is no longer a man, and accordingly the utmost pains are taken to preserve them to him. If a man should submit himself in all confidence to a surgeon, and find, after coming from under the influence of the chloroform, that he had been unsexed without so much as consulting him, the probabilities are very strong that he would either kill the surgeon as soon as possible or mulct him heavily for damages in the courts.

Women's Sex Is Degraded

No such consideration is shown for the generative nature of women. On the contrary, they are ruthlessly unsexed by hundreds of thousands, generally without any effort to cure them by other means, often unnecessarily and under an incorrect diagnosis, and frequently without their knowledge or consent. So great has this evil become that the Society for the Protection of Hospital Patients, an English organization, is putting forth strenuous efforts to check it, citing the fact, among many others, that, according to Dr. Le Canu, "the abuse of ovariotomy has done more harm to France in ten years than the Prussian bullets did in 1870," that "the causes of our depopulation are closely allied to our practice of the castration of women," and that "there are in France five hundred thousand women without ovaries!" Some physicians even take the astounding position that a woman's sexual nature means little or nothing to her! Here is an extract from a very recent (1896) work on gynecology, a book compiled by a large staff of eminent surgeons, and recognized as an authority by, we believe, all surgeons:

"The changes which take place in a woman following the removal of both uterine appendages (the ovaries) are the same as follow the natural change of life—none other, none less. The woman is sterile; she was sterile at the time of the operation, and would never have been anything else. Often the sexual appetite is increased; never diminished, as is commonly supposed. The increase is simply the return of the woman's natural condition. Her pain and suffering and ill-health had inhibited the sexual appetite; these being removed, the appetite returns in full force."

Surely no man of common sense, outside the medical profession, could be made to believe such a declaration. He can easily believe, however, the fact that disease, as well as the knife, is destructive of the sexual appetite of women, and can infer that the removal of diseased organs may, in some cases, render sexual commerce less painful and repugnant; but if a woman is unsexed, no cessation of pain can restore her sex, and it will be as impossible for her to have sexual appetite as for a man to have ideas after his brain has been

removed. A woman may think she has, because her disease has prevented her knowing what sexual appetite is, and she can bear sexual commerce where she could not before. Sexual appetite is the manifestation of a sexual nature. If the sexual nature is destroyed, there is no source from which true sexual appetite can possibly come. It must not be inferred that the removal of diseased organs ever improves a woman's condition. Any slight improvement in one direction is bound to be more than offset by injury in another. This will be more fully discussed in subsequent chapters.

In the same work, and just a few pages before the foregoing statement, is the following:

"The great trouble with surgeons is that they expect too much from the operation (removal of the ovaries), and lead their patients to do the same. This is a great mistake. So much local damage has been done by the inflammation, and the general health is so wrecked, that the woman will never again be the same well woman she once was; such a result is neither to be expected nor obtained in very many instances. An absolute cure should never be promised; only relative results can be safely counted on."

That statement, which is a direct contradiction of the one first quoted, will strike every common-sense man as being reasonable and true, so far as it goes.

Women's Estimate of Their Sex

We have abundant evidence, of which the foregoing is a sample, that a low estimate is placed upon the value of sex in women—certainly a much lower estimate than they place upon the value of sex in men. There cannot possibly be any controversy over that statement. What is the result? Women themselves naturally and unavoidably learn to place a low estimate upon their own sexual nature. They could not do otherwise under the circumstances. There is no one in whom they repose confidence to tell them anything different. They take their lesson from men in whose wisdom and skill they place implicit reliance, and there is no sufficiently informed husband to tell them otherwise.

In consequence of the low estimate that women place on their sex as the result of their teaching, we see the existence of many fearful evils. We find that women are proud, some of them, to recount their surgical experiences. Imagine the man who would proclaim the fact that he was no longer a man! He would hide his condition as the most shameful thing in his life. Who is responsible for this difference between the way in which men and women regard the value of their sexual natures?

A standard American medical journal, discussing the evils that have grown out of the desire of many women to be free from the hamperings of their sex, says:

"Limited space forbids the mention of but one feature of the subject, the most remarkable and suggestive of them all. The latter-day woman, not

content with denying the maternal functions their natural fruition, often willingly, nay gladly, submits to the mutilation of the surgeon's knife in order to remove from her life the menstrual periods which restrict her freedom, and the ever-present risk of insemination during the celebration of marital life. The scorn with which she treats her ovaries is in striking contrast to the valuation man places upon analogous organs."

Who is it that has taught women to treat their sexual nature with scorn?

Capacity and Desire Inseparable

It might seem absurdly unnecessary to say anything in refutation of the declaration that we quoted from the standard American work on gynecology, to the effect that the removal of a woman's organs of sex has no effect upon her sense of sex, but restores it in case of disease. If such mutilation does not have that effect upon women, why should it have upon men? We know that when a man is emasculated his sexual appetite and capacity both are gone. We know that this is a law of Nature in whatever direction we turn for light. We all know that when our female domestic animals are spayed they neither desire nor will they accept the attentions of the male. We know that we remove the ovaries of a female pig in order that she may grow big and fat. Wherever we look, using our eyes and brains, we see that sexual capacity and sexual appetite go together, and that they are absolutely inseparable; that there can be no sexual desire unless there is sexual capacity. It is impossible to make any unprejudiced person with eyes and brains believe anything else. If anything else is true, then the whole wonderful scheme of Nature falls to the ground.

The Effects of a Low Estimate

Believing, as they do, that a woman's sex is of small or no importance to her economy, it is no wonder that physicians abound who will employ surgery to relieve them from the annoyance of menstruation and the risk of insemination. But what is the effect upon women? We find that not only are they proud, often, to proclaim their mutilation, but that many use their influence to its full extent in persuading other women to submit to similar mutilation. We find that instead of regarding their sex as the basis of all that makes them womanly, they outrage it in every way. The step from this view to prevention and abortion is short and natural, and criminal abortion is murder pure and simple. A woman who practices abortion transmits to her offspring, if she have any, a homicidal or a suicidal tendency. There is no doubt that many of the suicides of young girls and murders committed by boys and men are traceable to the practice of abortion on the part of their mothers. This statement is not recklessly made. We are warranted in making it much stronger; the experience and observation of Viavi representatives have unfolded many startling truths over which the world is slumbering.

A woman with a low estimate of the value of her sex will not take pride in being a perfect woman physically, and will not employ pains to that end. She will not understand what her physical perfection means to her husband, nor how closely marital happiness depends upon it. She will not pay intelligent attention to the condition of her young daughter at the critical time of puberty. She will not understand that neglect of her own physical condition and a low estimate of her physical nature will impress upon her children qualities that will mar their lives, and that such a view and such physical imperfection unfit her for wifehood and motherhood. In that frame of mind and its resulting physical condition she cannot be a proper person with whom a man can intrust the happiness of his home and the welfare of his children.

Aims of a Viavi Representative

To what extent should a husband and father repose confidence in an influence that brings about these results? Let him answer for himself. But let him remember that upon his decision rest the most serious things in life—the welfare of himself, his wife and his children.

What is the course of a Viavi representative in these matters? It presents a most remarkable contrast to the other. The reresentative by teaching women the beautiful truth of the value of their sex, implants in their minds a true conception of their power and influence—the greatest for good or evil that the world knows. She makes them acquainted with the laws of Nature, and instills a reverent regard for their observance. By doing all this, and by means of the Viavi system of treatment assisting Nature to cure their suffering and heal their infirmities, she makes them competent to discharge the duties and enjoy the opportunities of life. She holds up before them the beautiful standard of pure and aspiring womanhood, in which all the duties of wifehood and motherhood are understood, and, when understood, discharged. Thus she makes of them true partners of their husbands, wise mothers and guardians of their children, and clean-souled and high-minded women in every sense.

Let the man of conscience and common sense take his choice.

Pronouncing Disease Incurable

Let us consider, in a common sense light, the question of the incurability of disease. There are certain diseases with which all are familiar, such as cancer and Bright's disease, and consumption after the first stages, that are said to be incurable. It must be evident to any thinking man that when we say a disease is incurable we mean merely that we cannot produce the remedy that will cure it—merely that our skill is unable to meet the requirements. We do not mean that it will be forever impossible to discover the remedy. That must be so, because with the advance of science many diseases formerly pronounced incurable have become easily curable. Rabies (hydrophobia) is one of them.

The unavoidable—certainly the rational—conclusion is that somewhere in the bounty of Nature there are cures for all diseases, and that in the course of time they will be found. Clearly the one real cure of all disease is intelligent living, and understanding of the laws of Nature and their faithful and reverent obedience. If that course were pursued for a few generations there could not possibly be any disease or crime in the world. There is very earnest tendency to adopt that method, and the Viavi movement is probably the most widespread and most powerful of the agencies promoting it. But until that millennium arrives—and that would be the true millennium—we must do what we can to find the more convenient remedy that we are compelled to believe Nature has placed somewhere within our reach. The discovery of the Viavi system of treatment is evidence of the brilliant possibilities in that direction.

A very large proportion of women's diseases were really incurable until the Viavi system of treatment was introduced. They were incurable solely because human resources before the discovery of this treatment were unable to cope successfully with them. In fact, the very foundation of the remarkable fame and world-wide adoption of this treatment was the permanent assistance it gave to Nature in the cure of cases which the ablest medical skill had pronounced incurable. From this difficult start, from this strenuous test that would have crushed it at the beginning had it not been successful, its use has spread to all the milder forms of women's diseases. Women who had been kept under expensive and torturing treatment by ordinary means for many years have been thoroughly and permanently cured under the Viavi system of treatment. Many thousands of women have been similarly cured after they had been abandoned to die as incurable. This shows absolutely that to pronounce a disease incurable does not make it so, but merely that the skill of the attending person is unable to meet its requirements, or that science has not yet discovered the remedy.

Effecting Cures Is Necessary

There is a feature of the Viavi system of treatment that will appeal with special force to the practical common sense of a man, and this is that all concerned with its promotion are keenly desirous that it should be successful. Hence the founders must put forth a treatment that will absolutely do the work that they claim it can do. They are aware that if they produce an inferior or fraudulent treatment, the inferiority and fraud would be inevitably discovered, and that their business would be ruined. They are perfectly aware that if they made the slightest assertion or put forth the slightest claim that could not be verified, they would fail to secure the confidence so necessary to their success. As a matter of fact, in order to be on the safe side and not run the slightest risk, they refrain from making claims that experience in the use of the treatment would warrant. They realize that for sufferers to secure better results than they expected will be far more beneficial to the business than for them to

secure only as much as they expected, or less. The remedy's efficacy explains its business success.

Therefore the leading idea is to cure. One cure assures other patrons; one failure in a community is almost fatal to the further adoption of the treatment there. In order to assure a cure, they first ascertain beyond a reasonable doubt that the case belongs to the class which the treatment has successfully reached. They will not furnish the treatment to everybody, nor for every sort of disease. If they were willing to do that, they would place it on sale with any untrained person willing to handle it. But they know that to secure perfect results it must be both sold and bought intelligently.

As soon as a woman places herself under the Viavi system of treatment she has the privilege of receiving the advice of the Viavi Hygienic Department. Local offices of this department exist in all the principal cities, and are presided over by trained specialists in the diseases of women. These have a larger experience with these diseases than any other specialists could possibly have. So long as the purchaser is willing, every step in the course of her treatment and in the progress of her case is carefully watched by the experts of the Hygienic Department, who are ready to co-operate with her and with Nature until a cure is obtained. There is a perfect system for doing this. The advice thus given is of the greatest value, and no charge whatever is made for it, the only cost being for the forms of treatment which the patron's condition requires. That is because, in pursuit of the policy of assisting Nature to effect a cure and thus increasing the fame, adoption and benefits of the treatment, every beneficial effort is employed. It is upon the cures that the Viavi system of treatment has effected that the remarkable and unparalleled extent of its use rests.

Philosophy of the Treatment

A thing that will appeal to the practical common sense of a man is the rational character of the Viavi system of treatment. How many men know anything about the nature of the ordinary treatment to which their wives and daughters are subjected? Not knowing the simple facts of anatomy and physiology in their wives and daughters, they cannot understand any of these matters. Why should not men look into these things for themselves?

The Viavi system of treatment is so radical a departure from the old and torturing methods of treatment, and is so rational and simple, that every man can easily comprehend its principles. It is the ripest and richest product of scientific research and achievement. Nothing like a comprehensive view of it can be given in this chapter, but its broader principles can be outlined. The only way to understand it thoroughly is to study the entire volume, which is devoted to the philosophy, ethics and method of the treatment.

First, it educates women both as to their moral obligations and the causes, nature and cure of their diseases, thus laying an intelligent and firm foundation for wise treatment during illness and permanent good health after the cure.

Second, the remedial part of the treatment is manufactured wholly of vegetable ingredients, avoiding minerals, sedatives, opiates and other anodynes. The manufacture is conducted under the most advanced antiseptic precautions, and absolute regularity, purity and efficiency are secured.

Third, the treatment is applied to the skin and mucous membrane, and being predigested, and prepared especially with a view to take advantage of their remarkable absorptive powers, it is at once taken into the system, going both directly to the seat of the disease and to the system generally, being thus a combined local and constitutional treatment.

Fourth, the treatment is a food for the nerves and tissues, and being predigested, serves their wants at once, thus assisting Nature to strengthen and build them up, and enable them to resume a normal and healthy condition.

Fifth, it has a direct effect upon the circulation, assisting Nature to regulate and strengthen it, enabling the blood to carry nutriment freely to all parts of the body, and to remove the waste products whose retention produces disease.

Sixth, as Nature is the only curative power in the world, Viavi assists in putting the body in a natural condition, which means to say that Nature is enabled by the help of the treatment to cast out diseased conditions.

Seventh, as this is a perfectly natural cure, without any resort to violence by means of medicine or surgery, it is a complete and permanent one, so that disease will not recur unless through a resumption of the conditions that originally caused it—a most unlikely thing, as the educational feature of the treatment will prevent that in the case of all reasonable and conscientious women.

Eighth, the cure, being a natural one, leaves the woman perfectly whole and sound, and in full possession of the health and completeness essential to her happiness and to her discharge of all the duties of wife and mother.

Such is an outline of the Viavi system of treatment. The details of its application can be learned in other parts of this volume. It will be found to be very different from the common method of employing drugs, which weaken an already weakened system; from opiates and sedatives, which lower the vitality, prolong the disease and create the opium habit; and from surgery, which mutilates women and often unsexes them.

Let the man of common sense take his choice.

Physician's Opinion Unnecessary

There is one consideration that no man can afford to ignore. He is the natural protector of his wife and daughters. They will trust his devotion before that of any one else. It is his duty to see that debasing influences, from whatever source, shall be kept out of their lives, and that only the purest and best be brought to bear on them. It is his duty to extend to them all possible sympathy and assistance. If they are in need of the Viavi system of treatment and hesitate for any reason, to employ it, he may determine his own duty in the premises. If they decide to employ it, it is due from him to lend them every encouragement, and not only that, but to exercise the diligence of a practical man to see that they employ it rightly. As this is a treatment which they take in the privacy of their own homes, times may come when they will weary, and it is then that the husband's and father's kindly influence is so helpful. And if they have become convinced upon a representation of the merits of the treatment that it will benefit them, no influence, from whatever source, should be permitted to hinder their purpose to employ it.

As for the influence of physicians with regard to the Viavi system of treatment, while many of the broader sort heartily indorse the treatment, some may be found arrayed against it, and ready to condemn it if their opinion of its merits be sought. It should be reflected that some physicians believe no remedy to be good except that which they have been taught is good, or which their experience has proved to be good. As the ablest physicians of different schools condemn one another's methods, they may be expected to condemn any treatment that does not originate with them. That is human nature. Such condemnation is worth nothing. If a man and his wife make themselves familiar with the Viavi system of treatment they will be capable of judging for themselves if they wish to adopt it, but they need not be surprised if they seek an opinion of its merits from a physician if the report is not wholly favorable.

The Treatment Is Intelligently Advocated

Some physicians recommend the Viavi system of treatment because from their own observation they have learned of its merits. It is only to be obtained, however, from regular Viavi representatives. The treatment is sold only by persons specially trained to handle it, and only to women thoroughly informed concerning themselves and the use of the treatment, thus the best results are secured.

Chapter XV.

THE CIRCULATION.

IF we know what the blood is and how it circulates, and, in addition to that, how it is formed, we can understand many symptoms that indicate disease, and employ intelligent means for overcoming it.

We can best understand the simple, rational and natural character of the Viavi treatment from a study of the blood and its circulation, and after that, of the wonderful principles of absorption and elimination. These are subjects that it is incumbent upon every one to know, for not only are they exceedingly interesting in themselves, but a knowledge of them is essential to an intelligent care of the health.

The Function of the Circulation

The blood and its circulation are the direct medium through which all the vital processes are maintained. The blood contains the nutriment that supports every organ and part of the body, for all the nutriment in all the food that we take must first be changed by digestion into blood before it is useful for the purposes of the body. If the blood is rich in nutritive elements, and is kept freely in circulation, we have the first condition of health, and the first step in the successful treatment of disease. If for any cause the blood is poor, the nutrition of the body is checked to a certain extent, weakness and emaciation are invited, and disease easily gains a hold and will steadily progress.

Again, if the nervous system becomes impoverished for lack of a proper nerve food like Viavi, the blood vessels will lack tone and strength, or, in other words, lose their power to relax and contract, which is necessary to normal circulation. As the circulation is entirely under the control of the nervous system, its impoverishment renders the system unable to rid itself of the waste that accumulates in the process of living. The entire body is being constantly worn out by living and as constantly renewed through the blood and its circulation, thus giving rise to the waste products. From a weakening of the nervous system, or in disease, we see an accumulation of these products in some part of the system.

Health Depends on the Blood

Many familiar phenomena should make us acquainted with the importance of the quality and quantity of the blood and its proper circulation. The condition known

as fainting is that in which the circulation of blood in the brain is temporarily suspended. This condition ensues almost immediately after the suspension has occurred. Hence we are at once impressed with the fact that unless there is a constant and free circulation of the blood in the brain the higher functions of that organ—intelligence and volition—are at once suspended. From this we can easily reason out the importance of a free circulation in any other part or organ. The sensitiveness of our consciousness to the blood supply indicates what every other organ or part must require for healthy work.

When there is a surcharge of blood in the brain we have the familiar phenomenon of congestion of the brain. In that condition the entire body is thrown into a convulsion and the mind has lost consciousness. Hence we see that too much blood in an organ or part is as bad as too little. There must be an exact quantity of just the right kind of blood in every part of the body. If the blood lacks in nutritious qualities there will be impoverishment. Even if good blood is not properly circulated, everything will go wrong.

Constitution of the Blood

The blood is a transparent fluid carrying red corpuscles and white corpuscles. The red corpuscles are minute flat discs and are very numerous; they give the blood in the arteries its rich crimson color; this color is due to the ingredients composing them, oxygen, iron, etc. The white corpuscles are larger and fewer, and they possess the very curious power of spontaneous movement, called the ameboid movement, from the ameba, a minute sea creature that passes through substances by throwing out a penetrating projection and working its way through an opening much smaller than itself, resuming its globular form after accomplishing the task. The white corpuscles creep slowly along the sides of the blood vessels, while the red corpuscles occupy the center of the stream and hurry along. If the walls of the vessel are lax the white corpuscles creep through them and form pus in the tissues. All the purposes of the white corpuscles are not clearly known; the red corpuscles carry the essential elements needed by the tissues. Both kinds of corpuscles are so small that they can be seen only under a microscope. It is supposed that one of the offices of the white corpuscles is to carry away the waste that accumulates in the tissues in every part of the body.

The blood carries a great variety of nutritive elements. As it passes from one organ or part to another, each selects from it what it needs, and gives up to it what it wishes to discard.

The Distribution of Nourishment

When we take food into the stomach, it is there and in the bowels changed by wonderful chemical and mechanical processes into a liquid form, such elements as are not suitable for nutrition being rejected. These rejected elements are finally

expelled from the body as urine and feces. Some of the nutriment thus prepared in the stomach and bowels passes directly through the walls of the blood vessels lining those organs in great numbers, and thus enters the blood, and the rest is taken up by special vessels called the lymphatics, and by them transported to the veins and emptied into them. Thus digestion in the stomach and bowels supplies the blood with nutriment, which in turn conveys it to all parts of the body. Each part then selects the particular elements that it needs. These demands are of very great variety, and hence the blood, in order to nourish all the parts, must carry all the elements, in the right quantity, that all of them require.

This system exists in all living things, though its highest complexity is reached in human beings. Thus, the sap of a tree is its blood, and the constant flow of the sap is its circulation. Each part of the tree requires particular elements for its nourishment, and the sap must contain all these elements in the proper quantities and of the proper quality. When we tap a maple tree for its sap, we let out its blood. The juice of sugar cane is its blood, and from it sugar is made. If we let all the sap out of a plant it will die, just as human beings will die if all their blood is spilled. India rubber is the dried sap, or blood, of a plant. Vegetable drugs are made largely from the sap, or blood, of plants. We can thus form an idea both of the vital importance of the blood and of its richness and value.

How Circulation is Accomplished

When we open an artery the blood that spurts from it is a bright crimson. If we open a vein, the blood that flows from it is a dark, muddy, bluish purple. This opens up an exceedingly interesting and instructive field of inquiry.

The heart, the lungs, the arteries and the veins, all controlled, as is everything else in the body, by special brain centers operating through the nerves, constitute the essential mechanical devices for carrying on the work of the circulation. The business of the heart is to thrust out the blood through the arteries to all parts of the body; that of the veins to return the blood to the heart; that of the heart, again, to send to the lungs the blood that it has received from the veins; and that of the lungs to purify this blood and return it to the heart, whence it is again sent out through the arteries; but all of these changes of the blood's location, which means the circulation, lie directly under the control of the nervous system. The heart is a very strong muscular pump, divided internally into four chambers, two for receiving and sending out the arterial blood, and two for receiving and sending out the venous blood. This wonderful little organ seemingly never rests, though, as a matter of fact, like the body as a whole, it rests about a third of the time, having a short pause between contractions. In that moment it takes its necessary nap.

So essential is blood to every part of the body, that the heart itself is

supplied with it, the blood vessels in its walls being very numerous, because it has an immense amount of work to do.

Phenomenon of Breathing

The dark, muddy color of the venous blood (the blood in the veins) is due to the impurities that it carries. These are the waste products that it has gathered up in every part of the body. Along with this waste is the nutriment that the venous blood has received from the digestive system, but it will not be serviceable until it has gone through the heart to the lungs, then back to the heart, to be sent thence through the arteries to all parts of the body.

The blood is purified in a most ingenious and beautiful manner. Upon entering the lungs it distributes itself throughout that spongy organ, the vessels carrying it completely surrounding the small air spaces with which the lungs are filled. When we breathe, the air passes down the trachea (windpipe) which subdivides into numerous tubes called the bronchia (bronchial tubes), and these, subdividing as they proceed, terminate in minute rounded bulbs, the small air spaces of the lungs. The impulse that draws the air into the lungs is created by the action of the diaphragm, a strong, flat sheet-like muscle stretched across the chest. It keeps just as steadily at work as the heart, and its faithful action is just as necessary to life. Its expansion increases the size of the chest and lungs, and this compels air to rush in and fill the vacuum thus created. Its relaxation permits the chest and lungs to resume their contracted state, and the act of contraction expels the air from the lungs. This is the phenomenon of breathing.

The Purification of the Blood

When the oxygen of the air comes in contact with the impure blood in the lungs, through the thin walls of the vessels containing the blood, a low form of combustion, or burning, takes place in the blood, somewhat similar to that observed in the combustion of coal or wood. There is so nice a relation between the ingredients in the blood to be purified, and the ability of the air to do so, that if the equilibrium is destroyed to any extent, distress, disease or death is bound to ensue. The impurities in the blood are the fuel that maintains the combustion. After the fire once goes out, as it does in death, it cannot be rekindled. Death by asphyxiation, or smothering, is due to the fact that the air cannot enter the lungs, the combustion cannot be maintained, the blood cannot be purified, and hence the impurities that it carries, which are poisonous, are not removed, but are kept in the system, and, together with the accompanying cessation of combustion, destroy life. The first effect is to paralyze consciousness, just as we have seen in the case of fainting. Then the lower parts of the brain, which control the vital functions, come next under their influence, the heart and diaphragm stop work, and death is the result. Persons who have been drowned, or asphyxiated with gas, or otherwise smothered, have a purplish appearance due to the fact that the blood which fills them contains

an excess of the impurities that render venous blood dark and muddy. For an analogous reason a rosy complexion, which is so great a mark of beauty, indicates an abundance of pure blood in the system, its vigorous circulation, and an entire absence of impurities. It is easy to infer from this that to make the blood pure and the circulation healthy are essential steps to health. This is just what the Viavi system of treatment accomplishes. Hence women who have come thoroughly under the influence of the treatment generally have good complexions, for a muddy or sallow skin generally indicates some fault of nutrition or circulation, or both.

Work Done in the Capillaries

The arteries rising from the heart are large muscular tubes, but as they proceed they subdivide again and again, becoming smaller and smaller, until finally they dwindle to microscopic threads. These are the capillaries. The thumb nail placed upon any part of the body, or, if possible, upon any organ, would cover more capillaries than any one would be willing to count. Their diameter is so small that the red corpuscles, which a powerful microscope is required for us to see, can just squeeze through them in single file. It is in the capillaries, however, that the great work of the blood and the circulation is done. It is there that the nutriment of the blood passes out of the capillaries through their walls into the tissues, and is used by the tissues that need them, and the waste of the tissues is passed back through the walls and taken up by the blood. At one end of the capillaries we find pure arterial blood, and at the other end impure venous blood, for the further ends of the capillaries unite to form minute veins, and these in turn unite to form larger veins, and so on, reversing the order of the subdivision of the arteries, until the heart is reached. It is just like the forming of a river from many small streams.

Diseases Come from Irregularities

A number of things may happen to produce disease or distress in the elaborate process of the circulation. The blood must be rich in the right kind of nutritive elements, and the circulation must be sufficient to keep it properly moving; but other things are necessary.

The walls of the blood vessels offer an important study. We can easily see that if they are weak and relaxed, their calibre is increased, and hence that a given quantity of blood cannot be sent throughout the body, for it seems that the system does not manufacture a surplus of blood to overcome that difficulty, probably for the reason that more blood would only stretch the vessels the more. This condition of the blood vessels is called lack of tone, or lack of tonicity. Its source is traceable to some fault of the nervous system.

Again, congestion is an undue gathering of blood at some particular place. It can be understood that when an undue amount of blood collects in one place, it must be at the sacrifice of a proper supply to other places. We

find this to be so. For instance, a woman suffering with a congested and inflamed condition of the uterine organs, or any one of them, will very likely have cold feet. That is because the blood that should have gone to the feet to keep them warm is diverted, and they suffer. This diversion may be from the stomach, where large quantities of blood are needed for the digestion of food; hence dyspepsia is found to be a common accompaniment of uterine diseases. Or, the blood supply to the brain is often curtailed by these diseases, and as a consequence we find that many women thus suffering are subject to fainting spells, or loss of memory, or other distressing conditions. Constipation is similarly induced. Every function of the body requires a generous blood supply, and if this is diverted by congestion anywhere, some function or functions are bound to be interfered with. A peculiar property of the Viavi treatment is to make the circulation strong and free. This assists Nature to prevent and cure congestion, and its resultant condition, inflammation. Thus it restores tone to weakened blood vessels, reducing their calibre and enabling them to handle the blood naturally. There is no drug effect in producing this condition. It is the natural condition, induced by giving strength to the nervous system and supplying the blood with nutritive elements required for the tissues. The action of the treatment is hastened in certain cases by the simultaneous application of hot and of cold water to different parts of the body, cold having a tendency to reduce the local blood supply, and heat of increasing it. This will be more fully discussed when we come to the practical hygiene of the Viavi system of treatment.

Why Organs Need Much Blood

An organ requires blood in proportion to the amount and character of work it has to do. When we take food into the stomach the lining of that organ immediately becomes filled with blood, which rapidly supplies the tissues of the stomach with new material to take the place of that which is used up in the process of digestion. Again, the brain in the waking state requires a great deal more blood than in sleep, for the reason that the process of thinking and perceiving is carried on at the expense of the brain substance involved in the process, and this must be fed and regenerated by the blood. In the process of menstruation the ovaries and womb are supplied with a great deal more blood than ordinarily, and in pregnancy the blood supply of the uterus is enormous. All activity demands a free blood supply.

The low form of combustion furnishes the heat of the body. The body becomes cold in death because this process of generating heat has been suspended. Likewise, if we tie a string round the base of the finger, and thus shut off the circulation, the extremity will become cold.

Different Kinds of Congestion

The determining of blood to an organ for the purpose of enabling the organ to perform its work is natural congestion, and therefore healthy and painless. There is a

vital difference between natural and unnatural congestion. A hard brain-worker is likely to have cold feet, because the severe work that he puts upon the brain calls for an extraordinary supply of blood, and as the extremities are the most difficult for the blood to reach, they suffer. Where the blood accumulates in a place or organ without the purpose of aiding that organ to do its work, we have unnatural congestion, and if it is neglected we have inflammation, or swelling. Congestion and inflammation require large quantities of blood. Now, in natural menstruation there is great congestion, but it is harmless and painless, because the organs demand it. Nature never intended that any of the functions of the body should be accompanied with pain, and hence we know that if pain exists there is some unnatural condition present, and this we call disease. In metritis (inflammation of the womb) there may be no greater congestion than in normal menstruation, but there is pain, because the congestion is unnatural and represents disease.

High Susceptibility to Congestion

The blood is, of course, subject to the influence of gravitation. Were it not for certain very ingenious contrivances in the body all the blood would settle to the feet and legs when we stand, or to the under part of the body when we lie down. Most of the blood vessels are supplied with valves, similar to those of a pump, which keep the blood from returning after having passed them. This prevents its settling by gravitation. An important exception, however, is observed in the generative organs. There we find an absence of valves, and, more than that, a very free intercommunication of the blood vessels in the organs. This alone ought to be sufficient to show that all these organs belong to one system, and that their relations are very intimate, insomuch that when one is diseased, the others suffer, and that when one is removed the others are impoverished. In consequence of the absence of these valves and of the generous blood supply of the organs, there is a high susceptibility to unnatural congestion. This will never occur in a condition of perfect health, but perfectly healthy women are extremely rare. The woman who has never suffered pain or distress from conditions of her generative system is a blessed but rare being. The least violation of natural laws as they relate to these organs, and the slightest departure from a perfectly rational and natural mode of life or habits, may be expected to produce an unnatural condition. This is so not alone by reason of the peculiar character of the blood supply of the generative organs, but by reason also of the intimate nervous connection of the generative system with the brain and the entire body.

The high susceptibility of the uterine organs to congestion explains in part the ease with which they become diseased.

Remote Disease Is Overcome

In a broad sense it may be reasoned that as the Viavi system of treatment furnishes the right kind of nutriment for the nervous system and tissues, thus inducing

a healthy circulation, its effects are antagonistic to all diseased conditions. Were it simply a drug (drugs having limited and specific effects) it could not produce these general effects. When we reflect that nine-tenths of all the diseases of women, of whatever kind and wherever situated, have their origin in some derangement of the generative system, we can understand the wide range of diseases that it appears to cure. Its special purpose is to reach diseases of the generative organs, and in curing them it naturally cures remote and obscure diseases arising from them. This result is obtained whether the disease is acute or chronic.

From what we have seen of the nature of the blood supply of the generative organs, and their extreme susceptibility to conditions out of which disease arises, and from what we have learned of the peculiar action of the Viavi system of treatment, it is easy to understand why the treatment is natural and therefore produces a natural condition, and why the cure is permanent. At the same time we have learned the importance of regulating digestion and the circulation, and of keeping the blood in proper condition. Closely related to this subject is that of absorption, which we shall discuss in the next chapter.

Poisonous Products of Disease

The importance of seeing to the elimination of impurities that accumulate in the blood by natural means will be evident to all. The way to do this is to keep the circulation up to a healthy standard, and the Viavi system of treatment accomplishes that. There is still another consideration. When the blood does not circulate freely through an organ or part it retains there the impurities with which it is charged. As these impurities are poisons, a local inflammatory condition is induced. Furthermore, if the disease is extensive or severe, as it generally is in the graver forms of uterine afflictions, there are certain products of the disease itself that taint the blood, and the lungs are unable to purify it. In this way these deleterious elements are transferred by the circulation to other parts of the body, and where they find suitable conditions they will establish new seats of disease. The brain itself is often affected in this way, giving rise to headaches, delusions, apprehension, melancholy and various other distressing derangements. It is a law of the human economy that the weakest organs are the first to succumb, the first to be sought out by a disease that has invaded the system. Deleterious products of disease in the uterine organs, seeking through the system for favorable conditions under which to thrive, will find and seize upon the organ or organs which possess the least inherent strength and resistance. In this way consumption is not an uncommon result. If not the lungs, the kidneys may be affected. Disease attacks whatever is least able to resist it, whether organs or persons.

Chapter XVI.

ABSORPTION.

ABSORPTION is the taking in of one substance by another. We have already seen how the products of digestion are taken up by the veins. That is absorption. This principle exists on an extensive scale throughout the system; it is an extremely important one in the economy of the body, and this extensive function is taken full advantage of in the Viavi system of treatment. If drugs are introduced into the stomach the digestive powers are called upon to prepare it, and this means a draft upon the system. In the Viavi system of treatment direct absorption is depended upon, which imposes no work, calls for no using up of cells and tissues, nor for the diversion of the blood to aid that process. Furthermore, as ready absorption of substances suited to that process is slow when the circulation is poor, it is essential to strengthen the circulation in order to make the absorption ready and complete, and that is just the effect of the Viavi system of treatment.

Elimination and Absorption

Absorption is essential to all forms of life. The leaves of a tree absorb certain elements from the air that are useful to the plant, and the roots perform a similar service with regard to elements in the ground. The blood of our bodies absorbs the nutriment that the stomach and intestines prepare, and the tissues in turn absorb it from the blood.

A reverse operation of the law of absorption is seen when the tissues and organs reject substances, such as waste, that are no longer useful to them, or that are positively injurious. Thus, the tissues reject their waste while taking in new building material. That is to say, absorption and elimination are allied processes, but dependent on the permeability of the tissues and their power to pass substances through them.

Some Instances of Absorption

So strongly established is this principle of absorption, and so remarkable has been its operation in the use of the Viavi system of treatment, that all that can be added to a discussion of the subject is some phenomena with which many are familiar.

It is a common practice, in the case of infants with very feeble stomachs, to rub medicine and food (oils) upon the skin; it is thus absorbed and then taken up by the blood. Shipwrecked sailors alleviate their thirst by keeping their clothes soaked in the salt water that they cannot drink.

Some substances are much more easily absorbed than others. Olive oil, lanolin, cocoa butter and some other fats are readily taken up by the skin, and it is a familiar fact that frequent rubbings of the entire body with them will produce a layer of fat under the skin.

The editor of this chapter was once kept alive for several weeks by injections of liquid food into the rectum, the stomach being unable to perform its function; in this case the food was absorbed by the mucous membrane lining the rectum, and thus it passed into the blood, and by the circulation was distributed throughout the body. The food was predigested—that is, put by artificial means through a process analogous to that employed by the stomach in preparing food for the uses of the body.

Principles of Viavi Absorption

In the preparation of Viavi these principles, among others, are observed: First, it is predigested in the manufacture; second, it is made of vegetable substances having the strongest affinity for the absorptive properties of the skin and mucous membrane; third, these substances possess curative powers which produce the best of the desired results.

Viavi in its cerate form is rubbed over the nerve centers along the spine, as well as over the diseased tissues and organs, after the skin has been specially prepared in a manner hereinafter described; the absorbing powers of the skin are increased and the cerate readily passes into the blood. Viavi in its capsule form is placed in the vagina, where it comes in contact with the mucous membrane. The absorptive powers of this membrane being readier than those of the skin, the treatment is passively absorbed by it as completely as by the skin from rubbing. Frequently the absorption process is so active that in a few hours after the placing of the capsule every vestige of it has disappeared by absorption.

Work of Secretion by Organs

Secretion, the storing of a liquid by an organ, and excretion, the elimination of a substance by an organ, may well be considered in connection with absorption, and they have a very important bearing on the rationale of the Viavi system of treatment. We shall first study secretion.

A secretion is that which a gland separates from the blood for its uses. Thus, the gastric juice is the secretion of the stomach used in digestion. Saliva is a secretion of the mouth, used in moistening the food in mastication and making it easy to swallow, while at the same time containing valuable digestive elements. Tears are a secretion of the lachrymal glands. Milk is a

secretion of the breasts. Bile is a secretion of the liver, and serves useful purposes.

All of these secretions are necessary to the healthy action of the organs, but as they all come from the blood, two things are evident—that unless the blood is sufficiently rich the organs cannot secrete from it the materials that they require, and that unless the circulation is good an insufficient quantity of blood will be brought to the organs, and hence the secretion will be deficient. Hence the importance of having good blood and a good circulation. The Viavi system of treatment is calculated to meet those requirements.

In certain conditions of disturbed nutrition or local inflammation there is an excessive secretion. Leucorrhea belongs to this class. In the healthy state the vagina secretes a fluid that serves useful purposes, but if congestion or inflammation be present, in which there is an excessive blood supply to the parts, the secretory action of the lining of the vagina extracts an excessive quantity of the fluid, and this flow is called leucorrhea. For an organ to secrete from the blood more of its proper secretion than it needs, is to impoverish the blood to that extent. Hence in leucorrhea and all other conditions of excessive secretion the blood is unduly robbed, and anemia follows to a greater or less extent. In this condition the blood is unable to supply the rest of the body with its due proportion of nutriment and secretory elements.

Useful and Harmful Excretion

Excretion is the throwing off of unnecessary matter. In some instances the excretions of the body are also secretions and serve a useful purpose. Thus, the bile, which is secreted by the liver, and serves some use in digestion, is an excretion in the sense that it is a withdrawal from the blood of elements that would be deleterious to the general economy. Sweat is a watery excretion of the skin, but it carries an oily element that serves a useful purpose in keeping the outer skin soft and pliable. Urine is an excretion that is secreted by the kidneys, and, like the feces, or excrement from the bowels, serves no useful purpose, but it is intended to be expelled from the system at proper intervals.

Here again we see the wonderful principle of absorption at work, but this time to the injury of health. Just as stupefying or poisonous substances, as chloroform or vapor of mercury, are absorbed into the blood through the lungs if inhaled, so an unnatural retention of urine and the feces will cause them to be absorbed as poison to a certain extent, and by the blood distributed throughout the body. The offensive breath of a person who is constipated is caused by the excrement of the bowels being taken up by the blood and eliminated through the lungs, in Nature's effort to get rid of an obnoxious substance in the body. Likewise a retention of the urine infects the blood with uremic poison. Thus we see that both excretion and secretion must be

normal in order for health to exist. The Viavi system of treatment assists Nature to render them so.

The Two Principles Illustrated

The principles of absorption and elimination operate together in efforts of the system to throw out certain products of diseased conditions. Take, for instance, a tumor. It would not have formed if the circulation had been sufficiently healthy to keep the blood moving and prevent the accumulation that constitutes the tumor. If the system had a tendency to bring up the circulation to its proper working pitch, the tumor would disappear. The assistance that Viavi renders enables that process to operate. Under the operation of the law of absorption, the blood current, strengthened by the Viavi system of treatment, proceeds to act upon the accumulation, causing it to be gradually absorbed, if there is no natural outlet through which it can be expelled whole or in pieces. Then the blood gets rid of the elements thus taken up, using the lungs, the skin, and the other organs of elimination for that purpose. This is all done so gradually that the blood is never affected injuriously, and the removal of the tumor is accomplished exactly as it would have been by Nature had she possessed the necessary strength; Viavi merely lends the aid. Speaking generally, then, the use of the Viavi system of treatment first puts the nerves in a healthy condition, next establishes a normal circulation, next imparts needful nutrient elements to the blood, then causes an absorption of the products of diseased conditions and their elimination from the system. This simple and rational process, being a natural one, must necessarily produce the best and most permanent results.

CHAPTER XVII.

WOMANLY BEAUTY.

IT is natural and proper that all persons, both women and men, should desire to be as attractive as possible. It is true, there are many who do not seem to care about the matter. Whether or not they really do to some extent; whether they delude themselves, or whether they are congenitally imperfect to the extent that they absolutely lack the desire, are subjects that there is not room here to discuss. That such a desire should exist in every properly constituted human being, particularly of the higher races, we can readily understand when we analyze the social instinct implanted within us. We are endowed with attributes whose employment enables us to advance our own interests of whatever kind. The confidence and approval of our fellow creatures are essential to our best welfare and happiness. We know that the social compact has erected certain standards of excellence in morals, business, social conduct, literature, art, music and everything else. We know that the esthetic sense is necessary to the enjoyment of the finer externals of life. And we know that those persons who approach nearest to the accepted standards are most liked, exercise the greatest power, and are happiest. As there are accepted standards of physical beauty, and as those approaching nearest it enjoy most the benefits and pleasures that it can bestow, it is evident that if we are well rounded, and have our finer preceptions properly developed, we not only admire beauty in others, but desire it for ourselves. This admiration and this desire are a wholesome and natural part of the great scheme of life, and hence the subject of beauty deserves serious attention.

Beauty Not Treated Seriously

The great trouble with the subject of beauty is that it is never treated as a matter having a common-sense, scientific basis. It is generally handled in a romantic, flighty fashion, regardless of the fact that it is one of the greatest forces in the world for good or evil, and instead of being, by the nature of things, limited to poetic treatment or the domain of "beauty doctors," it reaches to some of the profoundest depths of scientific and sociological truths.

This entire volume may be rightly deemed a treatise on the beauty of women, for by following its precepts the foundation for beauty must be laid; nevertheless, it is advisable to segregate some special ideas in connection with the subject and set them forth in a chapter by themselves. A common-sense, practical treatment of the subject will be employed, so that every woman may see and understand many things that may have brought her unhappiness, and find a way out of her troubles. To women who possess beauty, know its power and desire to retain it, the suggestions here made will prove equally valuable.

Admiration of Beauty Is Natural

It is often said of a woman that she has beauty, but nothing else; yet how many would be willing to give up almost everything for it! This alone is an acceptance of its great desirability, which may be taken to mean an instinctive estimate of its immense value and power. And the appreciation of beauty is confined to no special grade of intellectual or spiritual development. "A thing of beauty is a joy forever." Anything that is beautiful appeals to much that is best within us, and the cultivation of a due regard for it develops some of the finest and deepest qualities that we possess. When we decry beauty, wherever and in whatever we find it, we suppress and impoverish qualities essential to our happiness.

Appreciation of human beauty seems to be instinctive with us. A beautiful woman is more beautiful than any other beautiful thing in the world. If a mother is beautiful, her child will tell her so as soon as it is able to talk. If the affection between a plain daughter and a handsome mother is what it ought to be, the daughter will never be jealous of her mother's superior beauty, but will glory in it. A son may love a plain mother most dearly, but if she is beautiful he will have an added adoration for her, will be infinitely proud of her beauty; and no matter how old she may grow, in his eyes she will always be his beautiful mother. His sisters may be just as handsome as she, but he will take only a passing interest in their beauty; he will adore his mother for her beauty, and hers will be the beauty by which he will judge that of all other women. The woman must be lovely who dares to become the wife of a man who had a beautiful mother.

Poor Makeshifts for Beauty

The pitiful makeshifts to which many women resort to secure the semblance, the mockery, of beauty, call for profound commiseration. They instinctively know the value of beauty; it is an infinite pity that they do not know how to secure it, if that is possible. Vast sums of money, almost sufficient to maintain the governmental expenses of an empire, are annually spent by the women of civilized countries on ridiculous "face preparations" that are ignorantly supposed to take the place of intelligent living, a healthy body, an enlightened

mind and a refined soul. Immense ingenuity and wealth are employed in the production of devices to supply deficiencies or add to the graces of the figure. Even the corset, that almost universally used implement that is actually regarded as a garment, is a compliment to the firm and rounded graces of youth.

In all of these matters the thoughtful student sees a preference for artificial over natural means; an ignorance of natural laws and their tremendous value to every phase and condition of life; a violation of natural laws and its consequences in imperfection and suffering; a misconception of the true basis and character of beauty, and inability to induce and preserve it. And out of all this grow infinite misery, impossible longings, endless diseases, and cruelly hampering hereditary transmissions.

Men Are Different from Women

A lesson might be drawn from some curious differences between women and men with regard to age and personal appearance. As a rule a man is in his prime at fifty, and if he has lived rationally he is finer looking then than at any time before. True, he has lost the graces inseparable from youth, but he has acquired attractions that youth does not possess. These are a more stable and commanding masculinity, an accession of dignity, a composed massiveness of figure, and often a pleasant ruddiness of face; even the gathering gray in his hair and beard is becoming. The man who interferes with the natural color of his hair is a curiosity and generally a subject for quiet ridicule. Happily they are very few. Wrinkles are not regarded as objectionable in men. If the man of fifty to fifty-five is well groomed, as every man ought to be, and as every woman must be, his fine-looking appearance is complete.

Do we as often find so pleasing a picture in the woman of fifty? She is then too apt to be called an old woman, but she will not be so called unless she is really old; and she will not be old at that age if she has lived as rationally as a man. Her wrinkles are likely to be more aggressively in evidence. Her complexion is apt to lack the glow of health. Her figure is prone to have taken too wide a departure from the standard of beauty. There are very many remarkable exceptions; we see them often in the cases of actresses, who early develop wisdom of the most acute order, and make an intelligent study of the preservation of their health and strength. We know one who was a great-grandmother, and who was still a splendid-looking woman, active, graceful, easily taking the roles of women twenty-five to thirty-five years of age, and carrying them off without the slightest suggestion of anything incongruous in the representation.

Deplorable Dread of Old Age

Why do many women dread, more than men, the encroachment of years? As old age is perfectly natural, and therefore sacred and beautiful, there is manifestly

something wrong when we abhor it for ourselves. If we dislike it so much for ourselves, we cannot see its beauties in others; and if we do not, we cannot have for it that reverence, that tender regard, that veneration which so greatly sweeten old age in others and make it a useful, peaceful and happy period for ourselves. We know of women to whom the aged are positively repulsive. This is a serious thing, exposing an unfortunate condition reaching to the very heart of the human welfare. Very often this abhorrence of old age is inherited by women from their mothers. Here again we see the baneful effects of an unwholesome heredity.

There is nothing more pathetic than the picture of a woman studying her face in the mirror and anxiously watching for the appearance of the first crow's feet in the outer corners of her eyes—the very mark and cachet of a sunny disposition. We have known even very young women to repress all natural tendencies to laugh and thus wrinkle their faces, wofully ignorant of the fact that abundant laughter helps to keep us young! There are innumerable prosperous establishments where women get their faces "ironed" or "massaged" to remove the wrinkles! This will all sound incredible to the generations of wise and beautiful women whom the coming ages will produce. Of course, women are welcome to all the "beauty" that they can get from resort to these devices, provided it does them any good, which a thoughtful person will doubt; but such resort must do great harm in serving to keep from the mind the grand principles upon which beauty is founded. A mother who depends upon artificial means to make herself comely will never transmit to her daughter either beauty itself or the desire to acquire it by intelligent means; nor will she be apt to take her young daughter in hand at the time when the foundation for beauty may be laid, and by useful aid and wise instruction establish within her the beginning and understanding of beauty, and habits out of which a lifetime of practice must bring a large measure of beauty.

Women Grow Old in Youth

The rapidity with which people grow old, other things being equal, is in proportion to the rapidity with which they consume their vital forces without renewing them. Hard work does not make people grow old; for, although hard work consumes vital energy, if there is a compensating or regenerating influence at work, the wearing effects of labor are counteracted. Women who have hard domestic work to do rarely work harder than their husbands, but they generally age faster under it. Why? Because a man's work is systematized, while a "woman's work is never done;" because a man has regular work, regular meals and regular sleep, while a woman permits everything to interfere with the regularity of her habits; because a man is more in the open air, getting the benefit of the glorious and life-giving sunshine, while a woman keeps herself a prisoner within doors; because a man seeks recreations that a woman imag-

ines she cannot have. That is a short, but eloquent, story. There is no good reason why a woman's work cannot be systematized; why she should not get out into the sunshine, nor why she should not get the pleasures that are due her and that are necessary to her health. Thus, at the very threshold of the inquiry we meet the old, old story of the effects of intelligent living. If a woman does not know how to regulate her affairs so that she can live intelligently, to the end that her youth will be preserved and her strength retained to manage her household with due wisdom, she should exhaust every effort to secure the necessary wisdom. This is a problem that each woman must solve for herself. If she does not, she will grow old before her time—there is no escape.

From Activity Come Benefits

Work is necessary to the preservation of the physical conditions upon which beauty is founded. Work stimulates the circulation, and thus enables the blood to keep the system well fed and well freed from impurities; creates a demand for abundant wholesome food, which supplies the blood with the constituents that it requires for the healthy needs of the body; lessens the desire for indulgence in irrational and unhealthful things to eat and drink; creates a feeling of weariness, and thus induces sound, long sleep, during which the recuperative processes of the body can work unhampered; rouses mental activity, which not only increases the capacity of the mind, but stimulates and tones the entire nervous system, which regulates all the functions of the body; being a part of the natural scheme of life, work brings contentment, or, if not that, it at least shuts out in a great measure the idle discontent that saps vitality and beauty.

The Aging Effects of Disease

Another reason why women are apt to grow old sooner than men is that, unlike men, they permit themselves to suffer with diseases peculiar to their sex. In this respect a great many things may afflict a man, but he never for a moment accepts the affliction as the natural lot of men. He refuses to suffer any sort of pain if it can be avoided. As soon as he discovers something wrong with his generative system he sets about to correct it, and he never rests until he has succeeded. He knows that he could not attend properly to his business if he suffered.

As diseases of the generative system are generally painful, and as pain is one of the most active forces imaginable to induce old age before its time, we have one explanation of the fact that women are apt to age at a younger period than men. Apart from the pain accompanying these diseases, is their wearing effect upon everything that constitutes the basis of health and strength. As at least nine women in ten, and doubtless a much larger proportion, suffer in some way with their generative organs, there is no reason to inquire further why women age at an earlier period than men.

Ground Essentials of Beauty

The essentials of beauty are a good complexion, bright eyes and a symmetrical figure. Next come a smooth, musical voice and an easy, graceful carriage. It will be observed that these attractions may belong to a woman of any age. Hence a woman at any time of life may be beautiful. It is true that youth, middle age and old age have their differences, but it is true also that the essentials of beauty belong to all periods of life. It is not true that all the beauty possible to women belongs to their youth. If they lose it with youth, it is generally the fault of the system under which they were reared.

A wonderful feature of the matter is that these essentials of beauty are all under the control of nearly every woman. The few possible exceptions are those women who have inherited defects that no intelligent mode of life can overcome. Such cases are very rare. A woman may have harsh or irregular features, but she will be handsome if she have the essentials here specified. She may be very large or very small, but symmetry of form will erase that as an objection.

A Complexion That Is Muddy

Between all the extremes of a very dark brunette and a very fair blonde, women may have a perfect complexion, and they may acquire it by the employment of rational means within their reach. If the complexion is muddy or sallow, or in any way lacks the clearness and bloom of health, or is blotched, or impaired by pimples or "black heads," there is some fault of nutrition; either the blood lacks in quality, or its circulation is not perfect. This may be the result of impaired general vitality, or improper food for the nerves and tissues, or imperfect digestion, or improper attention to the natural functions, or an unsound condition of the nervous system. From what has been said in previous chapters of the close relation of the generative system to the nervous system, it may be readily inferred that if there is the least thing wrong with the generative organs, nutrition and circulation will suffer disturbance, and it would be a wonder if, under those circumstances, there should be any approach to a good complexion. Not only are nutrition and the circulation impaired by all diseases of the generative organs, but the products of those diseases are in the system, and it is trying all the time to work them off. The skin of the face is a convenient means offered for that purpose.

Skin Shows Internal Conditions

A fine complexion is the best of all evidences of that systematic cleanliness which is a necessary accompaniment of perfect health. Perfect cleanliness, internal and external, is absolutely essential to the beauty and sweetness of a woman. A clear, healthy complexion looks clean and is clean, and a clean-looking woman is charming. If the bowels and bladder are not in perfect working order and the demands of Nature do not receive prompt and regular attention,

their contents will be absorbed into the blood and given out through the skin, making it muddy, blotched or pimply; or through the lungs, tainting the breath. If there is disease in any part of the system, its products will take the same course and produce the same effects. If the nervous system is impaired to the slightest extent, which it must be in disease, the digestive organs will not perform their work thoroughly, the blood will not be supplied with sufficient pure nutriment, the circulation will be imperfect, the excretory organs will not perform their functions as they should, and the result is a condition of internal uncleanliness, which will make itself manifest in the appearance of the skin. In some cases a good complexion is found with poor excretory powers, but eventually the good complexion disappears.

The diseases peculiar to women are the great cause of a lack of this essential element of beauty. Their important effect upon the nervous system will inevitably create any or all of the disturbances here enumerated, and hence render a good complexion impossible. If the disease is cared for under the Viavi system of treatment, all the conditions necessary to the presence of a good complexion will be established. Not only is this a logical conclusion, but it is a fact of common knowledge among the many thousands familiar with the subject, that women who have been restored to health by means of the Viavi system of treatment have a clear and healthy complexion, in place of the muddy one that had before impaired their attractiveness.

Truths of Nature Obscured

The practice of many women of resorting to artificial means for securing the semblance of beauty is the logical outcome of their whole system of training in the matter of health, for beauty is nothing more nor less than a concomitant of health. If they have a disease they are taught to rely on artificial, rather than natural, means of curing it. They are taught that medicine, not Nature, is the curative power. They are taught that surgery is better than Nature. Every influence is brought to bear upon them to keep them ignorant of the existence and operation of natural laws, to treat Nature with a certain contempt, and to believe that human skill is vastly superior to that of the Almighty. They are not taught, except by the Viavi movement, that Nature has been in the business of handling the problems of living a good deal longer than any human being, or any set or generation or race of human beings, and that she knows her business a great deal better than they can possibly know it. It is ignorance of this mighty truth that makes women an ailing class, that leads them into errors for which they and all the generations suffer, and that impels them to depend upon artificial means, and thus utterly fail to accomplish the ends at which they aim. No human being can rise above Nature. No human skill can devise remedies equal to Nature's. The first lesson that a woman must learn in her efforts to become physically attractive is that she must discard artificial means and employ natural ones.

Eloquent Story of the Eyes

Bright, clear, "speaking" eyes go with perfect health. Every physician knows that. He can tell from the appearance of the eyes whether his patient has a fever. He will know from their lack of lustre that the tone of the nervous system is low. The eyes give the surest unspoken evidence of the presence of pain. Their muddy hue, or the congestion of the small veins near the surface, clearly indicates something wrong with the circulation. Their sunken appearance, or the droop of the lids, indicates general impoverishment, due to some fault of nutrition.

These conditions are true with eyes of all kinds of natural expression. The beauty of one woman's eyes may reside in a certain languor, that of another's in a certain sprightliness. Both kinds of expression are beautiful in their way, and they have a strict relation to the general character of the facial expression, and to the temperament and bearing of their owner. A woman with a naturally languid expression of the eyes has correspondingly soft and gentle graces running through her whole composition—her voice, her manner of talking, her style of movement. A woman with naturally bright, snappy eyes, is bright and snappy in all other ways. Both of these types, and all the intervening ones, are equally charming. Nature has a wonderful knack at harmonies. If there is disease, particularly of the generative system, which is the grand center of a woman's organization, the beautiful scheme of harmony is destroyed. The eyes and the complexion are the first to suffer, the first of the essentials of beauty that a woman loses, the first to regain their charm upon the establishment of health.

Elements of Beauty of Form

The question of a symmetrical figure is intimately connected with that of the complexion and eyes. Every woman was intended by Nature to be competent for maternity, and the better adapted she is for that function the more nearly perfect and therefore the more beautiful her figure. This is the one and final test.

In such types of women the chest and bust will be well developed, the hips sufficiently broad, the flesh firm, the figure straight and the head well poised; even the movements of the body will bespeak grace, for they indicate a normal muscular development and perfect control through sound motor nerves. As the Viavi system of treatment has a particularly valuable effect in placing a woman in perfect condition for maternity, its natural and unavoidable effect is to bring her form as near as possible to the standard of beauty.

Imperfection at Puberty

Some of the faults in the figures of women had their origin in improper development at puberty. This is because of the intimate connection, through the nervous system, between the mammary glands and the generative organs. If the

nerves of the generative organs suffer from abnormal menstruation at puberty, the nerves regulating the nutrition of the above-mentioned glands partake of the unsound condition, and non-development of the bust is the result. As the Viavi system of treatment can be used upon young girls just as easily as upon grown women, and as good effects are much more quickly secured, and as the adoption of the treatment submits the child to neither shame nor humiliation, it is the safest and most effective method for correcting the faults of improper development at the time when it is the most needed and will have the most permanent effects.

Impoverishing Limbs and Bust

The greater sensitiveness of these glands in responding to unsound conditions in the generative organs does not mean that other parts of the figure will escape harm. The whole nervous system is involved in any irregularity of the menstrual function at puberty, and through the nervous system the quality of the blood and the character of the circulation are affected injuriously. In this way the nutrition of the body as a whole is imperfectly performed. The result is that the muscular development is retarded, and a habit of the system established that will tend to make the impoverishment permanent. In this way the roundness of all the limbs and the shoulders is prevented, and the thick muscles of the back not receiving sufficient strength, the spine curves from the true form, the shoulders become stooped, and the head and abdomen are thrust forward. It is very easy for this condition to become permanent from neglect at puberty, and when it does there is often very great difficulty in overcoming it.

Any lack of nervous tone, whether in girls or women, destroys the enjoyment of wholesome exercise, which is necessary to the proper development of the muscles of the arms and legs, and upon this development depends their shape. The girl or woman who feels full of life will be impelled by the energy within her to exercise her muscles, and from this exercise grow the rotundity and suppleness necessary to perfection of form. This exercise produces not only beauty of form, but grace of movement, which is just as essential an element of beauty.

How Disease Harms the Form

At any time in a woman's life any disease or abuse of the generative system will work a direct injury to the beauty of her figure. This is so because the integrity of the nervous system is overturned to a greater or less extent, but always to some extent; and to that extent the figure will suffer. This comes about in the way already indicated—an impoverishment of the quality of the blood, a weakening and derangement of the circulation, the improper and irregular nourishment of the body, and an absence of a desire to take the exercise that aids the development of the muscles and holds up their shape.

There are other, but analogous, ways in which the forms of women suffer. If there is a tumor in the generative region, of course the beauty of the form is gone until the tumor is removed. Again, in the case of many women the walls of the abdomen are not sufficiently elastic to permit of the natural distension, without injury, caused by pregnancy, with the result that the tissues separate; after delivery the abdomen is flabby, and, being no longer able to hold the bowels in proper place, pouches out at the lower extremity. In both these cases the Viavi system of treatment is perfectly efficacious—it assists Nature to remove the disfiguring tumor, and by rendering the walls of the abdomen elastic if used during pregnancy, prevents the separation of its tissues, and causes the walls to resume their original shapely form and position after delivery.

Symmetry the Test of Beauty

A woman's beauty of figure is a question of symmetry, not of size. Both tall women and short women may have beautiful figures, and so also may both slender women and stout women. It makes no difference whether a tall woman or a short woman is slender or stout—if her figure is symmetrical it will be beautiful. If, however, slenderness is carried to emaciation, or stoutness to extreme fatness, symmetry disappears, because the limits of the wide latitude in which symmetry can exist with varying proportions of flesh and bone have been passed. In the one case we have a bony hardness and angularity of figure, and in the other the effect of the bony structure in lending a graceful firmness to the figure is missed. It is evident that in extreme leanness there is insufficient nutrition, and that in extreme fatness there is abundant nutrition, but an inefficient circulation. Hence, as the use of the Viavi system of treatment assists Nature to regulate the quality of the blood and its proper circulation, it naturally tends to correct these extreme conditions. Such, as a matter of fact and experience, has been found generally to be the case. It is taken for granted that the diseases producing these extremes have their origin in some abnormal state of the generative system, and that in curing it by establishing natural conditions antagonistic to disease, the Viavi system of treatment corrects the errors out of which these imperfections of form arise.

Surgical Errors Are Ruinous

Surgical errors are responsible for many of the disfigurements which women suffer. The number of women whose breasts have been needlessly removed is appalling. In another part of this volume this subject will be more exhaustively treated; it is sufficient here to say that a woman deprived of one or both of her breasts is hopelessly and lamentably disfigured. The loss of an arm is hardly so disfiguring. Mutilation by removal of the breasts is contemptible to the last degree, and as it fails to accomplish any good purpose it is wholly inexcusable.

An equally serious cause of disfigurement is the removal of the genera-

tive organs. A little reflection will show how this must be so. Taking into account the close connection of the generative organs with the brain and the nervous system, it must be evident that extirpation of the organs necessitates a violent rearrangement of the nervous system. How it could be expected that this would fail to affect the entire physical economy, and through it the integrity of nutrition that determines a symmetrical figure, would be difficult to comprehend. We should naturally expect the bust to shrivel or become extremely flabby, and nutrition to be so disturbed that either general emaciation or extreme fatness would result. As a matter of fact, we find this to be so. Generally women who have been deprived of their sex by violent means grow uncomfortably stout, and sometimes obese and unwieldy. On the other hand, pains resulting from the disturbances created by operations are so enduring that emaciation is the result. In any event, it would be irrational to expect the figure not to suffer from such operations, and as a matter of fact we find that it almost invariably does. This is not a phase that concerns the operators, though it is one of very great importance to women themselves. It is they who are the sufferers.

Unsexing; Change of Life

The bad pnysiological effects of destroying a woman's sex, with the result of impairing her beauty, can be appreciated upon a little reflection. Any natural process is good, and therefore beautiful in one sense or another. Hence the natural change of life, by which a woman parts with her child-bearing capacity—not her sex, let it be understood—is beautiful. A woman whose sexual organs are removed is unsexed as well as deprived of her child-bearing power, whereas a woman who loses the child-bearing power through change of life is not unsexed. This is a vital and self-evident difference, invariably ignored by those who make a business of unsexing women with the knife. Hence a woman who has been unsexed by the knife is very different from the woman who has lost her child-bearing capacity naturally. We can illustrate this by a familiar example. The secretion of milk is the natural and gradual winding up of pregnancy. The great activities that have heretofore gone to the sustenance of the child in the womb are, after that service is no longer required, diverted to the secretion of milk. The drying up of the milk by artificial means immediately after parturition lays a violent check upon the natural course of events, and hence the nervous system suffers severely, and through it all parts of the body.

The great activities supporting the menstrual function are checked by the unsexing operation, and violent disturbances must necessarily ensue from that cause alone. The change of life, which is a natural process, deprives a woman of nothing needful to her physical economy, and therefore, if she is in proper condition for the change, there ought not to be the slightest impair-

ment of her physical beauty, as there must be in the case of women who are unsexed. As the Viavi system of treatment offers the best means for bringing a woman of a child-bearing capacity to a condition of health without unsexing her, it is naturally the only one that does not impair the beauty of her figure, but on the contrary enhances it.

Musical Voice and Its Power

As Nature is a stickler for harmonies, it follows that a smooth, rich, musical voice goes naturally with perfect health, and a sharp high-pitched, rasping voice with unhealthy physical conditions. This is not the voice to soothe a child, and words in such a voice will not drop like pearls into a husband's heart. One of the most deplorable things with many women is their utter blindness to the power residing in the quality of their voices. A charming voice is to the ear what all the combined beauties of the physical nature are to the eye. A woman may be able neither to sing nor declaim, but may have a speaking voice of infinite sweetness. It is the audible expression of all that constitutes her being, physical, mental and spiritual. The cultivated mind makes its presence known in the choice of words and their manner of expression. A highly developed spirituality lends to the voice a tenderness and rythm of ineffable charm. A perfect physical nature means so exquisite a development and adjustment of the vocal organs that music will issue from them with the words that they utter, even though there may be neither mental nor spiritual development. Some of the most exquisitely pleasing voices are found among savage women and the peasantry of Europe. Most of the great singers have come from the humblest social ranks, for it is there that we are most apt to find natural, simple living and perfect health.

Diseases of the generative organs affect a woman's voice more acutely than any other. A woman in the last stages of consumption or Bright's disease is likely to have a much sweeter voice than the one afflicted with what she would deem a trivial ailment of the generative system. Naturally, then, as the Viavi system of treatment assists Nature to cure these diseases, it removes the source of vocal harshness, and equips a woman with one of the most precious charms that she can possess. There is no music in the world so sweet as that of a sweet voice in a woman. There is no power so great to smooth the sharp edges of domestic life. There is none so powerful to restrain childish fretfulness and willfulness. It is the truest sign of womanly perfection and loveliness.

The practical lesson to be drawn from this discussion is that physical perfection lies at the basis of all true womanly loveliness in its highest possible form; that resort to trifling artificial expedients is apt to divert our minds from the grand truths that lie behind the subject of beauty.

Chapter XVIII.

CONJUGAL RELATIONS.

MARRIAGE is one of the vital steps in Nature's wonderful scheme of life. It is not only the union of natural and indispensable forces in the perpetuation of the race, but it is accompanied with beauties and graces that sweeten and expand life, repress selfishness, inculcate forbearance and charity, and lead to the advent and enjoyment of offspring, with all the softening, strengthening and beautifying influences that they bring. And yet, how many marriages are there that bring all these benefits in their full and natural measure? If we find the least shortcoming in any of these regards, we must deem it an evil that demands our most courageous and conscientious attention. Every unsatisfactory marriage is a reproach to human intelligence and an evidence of there being somewhere a defiance of the Almighty's purposes. As a matter of fact, we all know that ideal marriages are rare, that in by far the greater number of marriages there are more or less suffering and unhappiness, and that an appalling number of them are complete failures. Within the last few decades divorce has been making giant strides.

Misdirected Efforts at Reform

The subject of domestic infelicity has attracted more attention in recent times, from earnest students of sociology, than ever before in the history of civilization. It is a singular fact that every remedy but the right one is suggested, every cause but the true one sought. Reformers see in it the evidence of a lowered moral tone, and therefore they seek to raise the general moral tone by appeals to the evident benefits of a loftier spirituality, a broadened mentality or a stronger hold upon religious truths. It is a fact recognized by all that the home is the central force of civilization, of social and national strength and purity, of the power and happiness of future generations. It is observed by all that with a weakening of the moral force exerted by the home, there comes a lowered moral tone in every aspiration and endeavor. But it is doubtful if the closeness of this connection is sufficiently recognized. We find powerful organizations devoting their energies to the suppression of

drunkenness, while paying no attention to the inherent weakness that makes drunkenness possible. We see earnest philanthropic work in the direction of rehabilitating discharged convicts, without any inquiry into the causes that led them into crime.

In short, we find, all through the range of philanthropic endeavor, devoted hearts and minds attacking effects while ignoring causes. We see this tendency carried to the most extreme lengths in every direction, not the least important of which is the ordinary treatment of the diseases of women, where the effects are attacked and the causes overlooked. In this tendency, in all its various forms of manifestation, we find an extravagant waste of effort and a further self-blinding to the simple fundamental truths that lie at the bottom of life.

Source of the Evil Overlooked

What is the cause of the modern strenuous popular pressure upon legislative bodies for a broadening of the divorce laws, and for the equally strenuous opposing influence of religious bodies? Why has this opposing influence, particularly in some parts of the United States, proved inadequate to stem the flood of divorce? Can we take no hint from the fact that this movement has grown with the spreading prevalence of the diseases peculiar to women? Why search further, when the most primitive and obvious of causes thrusts itself upon our attention?

It must be clear that if men and women are mentally, physically and spiritually adapted to marriage, it should be a perfectly happy relation, for nothing in the world is more natural. In animals that are monogamous by instinct, we observe the singular fidelity which mated couples exhibit. Such a thing as separation or even disagreement is extremely rare. We find mated birds building the nest in common, keeping together as much as possible, enjoying each other's society, exhibiting each a tenderness and solicitude for the other, and finding their greatest pleasure in making wise and skillful preparation for the advent and care of their young. When the young are hatched, they both, and especially the female, exhibit the most pathetic affection for them, and both make their first duty the feeding and protection of the helpless little lives that they have brought into the world. And at last, they teach the little ones to fly, and then to hunt food, and thus start them aright in life.

Lessons Taught by Animals

Among the lower animals there is nothing whatever analogous to the diseases of the generative system that so grievously afflict human beings. Is not this difference an immeasureable reproach to the intelligence and conscience of the human race? In searching for the causes that render human marriages so often failures it is incumbent on us to compare our condition with that of the

lower animals. This is a scientific procedure. By studying the anatomical structure and the physiology of the lower animals, scientists have gained some of their most useful knowledge of human anatomy and physiology. The lower animals have formed the standard of judgment of human conduct in many ways. It was Solomon who sought to shame the indolent and improvident by holding up to them the industry and frugality of the ant. From the beaver primitive man doubtless learned how to build dams. The lamb is our standard of gentleness, the lion our exemplar of courage, the owl our pattern of solemnity. Even in mated doves we find the finest illustration of affection and fidelity.

When we see among the lower animals an utter absence of diseases of the generative system, and concurrently an absence of conjugal infelicity, why should we not draw a lesson of inestimable value from the fact?

Growing Volume of Wretchedness

In 1898 the United States Government published a very elaborate series of statistics. From it we learn that the number of children born in proportion to the number of marriages is steadily decreasing, and yet that there has been no famine. We learn that there is a growing decrease in the number of marriages. We learn that the size of the average family has diminished, since 1850, from a little over five and a half persons to a little less than five. We learn that the proportion of divorced to married persons is about one to one hundred. There are other things that we learn: Seventeen out of every ten thousand persons are insane; thirteen out of every ten thousand are in prison; women go insane later in life than men; fifteen out of every ten thousand children are born idiots or feeble-minded; seven out of every ten thousand are deaf and dumb; eight out of every ten thousand are blind; twelve hundred in every ten thousand die annually of consumption; cancer and tumor are steadily increasing.

Every Viavi representative has an idea of the enormous influence exerted by the diseases of women to produce every one of these conditions. The terrible feature of the diseases of women is that, as they rarely or never kill outright and directly, their effect in producing all these conditions is overlooked. It is not reflected that as they unfit women for motherhood, they are responsible for the weakness that makes crime, insanity, idiocy and disease possible and fatal. It is not reflected that in the cases of the sufferers themselves, these diseases open the doors to diseases that are charged with their death, suicide or insanity.

Some Causes of Infelicity

Marriage is so complex a relation that unless all the conditions required by it are perfect its force is weakened. Any one can see that unless both the parties are perfectly healthy, one essential to a perfect union is absent. There are, how-

ever, different effects produced by different diseases. Thus consumption, the most prevalent of so-called fatal diseases, does not make one irritable, nerous, quick-tempered and impatient, while a comparatively slight disease of the generative system does; and yet calmness, patience, forbearance and a sweet disposition are very essential to the happiness of married people. To the extent to which these elements are feeble will the force of the marriage tie be weakened.

When childbirth is attended with great suffering and danger, it is apt to be avoided by unnatural means, even physicians deeming themselves compelled to advise such means. As every violation of a natural process is punished, the punishment in such cases necessarily tends to weaken the conjugal bond.

While healthy children are one of the strongest bonds of the union, drawing husband and wife together with a force additional to that of their mutual affection, sickly and peevish children, the product of weakness or disease on the part of the parents, are a constant irritation, much as they may be loved.

The absence of children altogether means the absence of one of the natural results of marriage, and hence its incompleteness.

Strange to say, none of these is taken into account, to any appreciable extent, in estimating the causes of unhappiness in the marriage state, and yet a little reflection will show how vital they are.

Sexual Weakness a Cause

One of the worst causes of a weakening of the conjugal bond is the low estimation in which women hold, because they are taught to hold, their sexual nature and its perfect health. It must be evident to every person willing to know the truth that sex is the foundation of the love and mating of men and women, as of all other of the Almighty's living creatures that mate. To the extent to which the sexual nature of either party is weak, the marriage bond will lack strength. There are some who deliberately, we may say willfully, close their eyes to this self-evident truth, and argue that the union of the sexes rests upon a higher and nobler plane than that. An answer to that argument is that where perfect affection and loyalty exist in the presence of sexual incompleteness, they do so in spite of that condition, and that their foundation is not so strong as perfect health would make it. Another is, that if there is anything in the whole range of Nature nobler and finer than perfect fitness for the bringing forth of children, it has never been discovered.

Profound Effects of Disease

The evil effects of unsoundness of the sexual nature are so various and far-reaching that even Vitavi advocates, who have made so close a study of them, doubtless fall far short of estimating them at their full value and to their whole extent.

Thus, we may find conjugal infelicity between two persons seemingly perfectly healthy, the woman particularly being apparently perfectly sound in her sexual nature. Yet she very likely inherited from her mother, through the latter's efforts to avoid maternity, a dislike for children and a refusal to bear them, thus incurring her husband's ill feeling; or she may have inherited a dislike for her husband's attentions. This is only a suggestion of a thousand ways in which conjugal infelicity may be clearly traced to some violation of natural laws with regard to the reproductive function. It would not be difficult to compile a volume on that subject alone.

Imperfection and Unhappiness

The low estimate in which so many women hold, because they are taught to hold, their sexual nature, leads them away from an understanding of the fundamental cause for love and marriage, and hence makes them negligent of their health and completeness in that regard. Such incompleteness does not by any means limit itself to the sexual function. If a woman experiences little or no pleasure in the more intimate relations of a wife with her husband, or if it gives her positive distress, or is repugnant to her, her lack as a wife is not confined to that, though that alone is a very serious force in the weakening of the conjugal bond. If she is not perfectly competent in that regard, she is necessarily lacking in many other qualities that determine the perfect wife. So seriously does any imperfection in that regard affect her whole feminine nature, whether she is conscious of the fact or not (and she generally is not), that to the extent to which she is imperfect in that regard, she is imperfect in all the other qualities of wifehood. Her sex is not by any means a matter of her sexual organs alone—it is all that makes her a woman, all that makes her different from a man. The very shape and adjustment of her bones have their origin in her sex. Her mind, her character, her spirit, her sympathies, her affections, her tastes, her hopes, her aspirations—all these are qualities whose character is determined by her sex. If they were not, it would make no difference whether she had the sex of a woman or of a man. As she has the sex of a woman, she has the sexual organs of a woman, which are to some extent the instruments of her sexual nature. If their soundness is impaired by disease, she lacks perfect womanliness to the extent to which they are impaired; and if she lacks perfect womanliness she lacks perfect wifeliness. Imperfect wifeliness is incompatible with perfect conjugal relations.

Perfect Union in Marriage

A man and a woman are two different elements, two different forces, intended by Nature to unite for a complexity of purposes, among them a higher enjoyment of life, a broadening and deepening of each, and the perpetuation of the race. Each is intended to be a perfect complement of the other, just as we see similar opposites to be in plants and animals. It was intended that this union

should be formed—that every man and every woman should marry. It was intended that they should be perfectly adapted to marriage and should desire it. There are a great many instances in which the intention has been balked, in which men and women have never married, and for excellent reasons apart from those which we are considering here. Such cases are not pertinent to this inquiry; we are now considering only the reasons for the imperfection of conjugal relations that have been formed.

A man and a woman are two halves of a perfect whole. A whole cannot be perfect unless the parts composing it are perfect, and the parts cannot be perfect unless the elements composing them are perfect. If the parts are perfect, the union will be perfect, no matter from how widely different sources they may come. If a prince marries a peasant, and both are perfect, their married life will be perfectly happy in spite of their difference in rank and all the embarrassments that the difference might be assumed to invite.

Adaptability of the Organs

The mutual adaptability of men and women to marriage extends to every difference that distinguishes the sexes. Even the organs of sex of the one are perfectly adapted to those of the other. This is one of the most beautiful and instructive facts in Nature. We have already seen how women are peculiarly constructed, anatomically and physiologically, to bear children, and we know that men are not. We know, however, that men are necessary to the process of reproduction. Then, men and women must have sexual organs perfectly adapted to each other.

This perfect adaptation is impossible if the organs of either are lacking to the least extent in health. The absence of health is the only cause, except malformation, that impairs this perfect adaptability. If any one of the organs is absent, adaptability is impossible; hence the removal of a woman's sexual organs destroys her adaptability to her husband Mutual desire is an expression of adaptability. If it is absent through disease, adaptability does not exist. A wife may have so strong an affection for her husband that, even though she is lacking in desire, she takes a certain pleasure in giving him pleasure; but it is clear that this is a different thing from sexual pleasure, and that unless a woman enjoys this sort of pleasure she is not only losing what Nature intended she should have, but is violating a natural law of her being, and must suffer the penalty in one way or another. The absence of this wholesome, pure and natural desire is a weakening of the conjugal bond.

How Disease is Harmful

It seems hardly necessary to go minutely into the physiology of the conjugal relation, though some simple facts may be given. A weakness, or any diseased condition of the generative tract, impairs more or less the procreative function. It becomes undesired or painful according to the existing abnormal condition. If

the muscular tone of the vaginal walls is impaired, sexual commerce becomes imperfect, as the loose, flabby walls cannot form a tight sheath for the copulative organ of the male, from which function it receives its name. Under the influence of the nervous system excessive quantities of blood during sexual excitement are sent to the generative organs in both sexes. In the man the chief copulative organ enlarges by this excessive blood supply, while in the woman the calibre of the vagina becomes lessened; hence the adaptability at this time to each other, which does not exist except under sexual excitement. A diminution or excess of vaginal secretions also impairs this function, sometimes rendering it extremely painful. All kinds and degrees of displacement, as well as all inflammatory processes, with their results, are detrimental.

The most important of all abnormal conditions that painlessly but surely destroy perfect womanhood is leucorrhea. This discharge destroys the fine sensitiveness of the vaginal tract just as a discharge from the nose destroys or impairs the sense of smell. All of these conditions are the product of disease or weakness, but none of them exists in a state of perfect health. To the extent that any of these imperfections exist the conjugal bond is weakened.

The effect of the Viavi system of treatment in such cases is remarkable in every way. It not only assists Nature to remove the impairing local conditions, but rejuvenates the whole nature of a woman—makes her perfect in all the attributes of wifehood.

A Misused Biblical Injunction

A reasonable exercise of the generative function is beneficial to the husband and wife, and it strengthens the conjugal bond, provided the conditions for it are perfect. If they are not, harm will result, and the bond will be weakened. The health and happiness of countless women have been wrecked and conjugal infelicity has ruined many homes through ignorance of that vital fact. Numberless women, acting conscientiously under the scriptural injunction to submit themselves to their husbands, without stopping to consider the true meaning of that injunction, have defeated the very end that they sought to accomplish. In such cases duty is not discharged, but violated. The injunction evidently contemplated healthy women (and women were generally healthy in those days), for it is inconceivable that women should be required to submit themselves unreservedly when such submission impairs or destroys their wifeliness by sapping their strength and health. Men are wofully ignorant upon these matters, and it is the duty of wives to instruct them. There need be no fear that a man who loves his wife will consciously and deliberately do anything to impair or destroy the qualities that make her a perfect woman. For this reason alone it is essential that men should master the truths embodied in the Viavi movement, and that their wives should assist them in the acquisition

of these truths. A man is all the better for knowing them, and will make all the better husband.

Reason Will Stop Excesses

All the appetites and passions are stronger in men than in women, because men are more vigorous animals; but this is no reason why they should indulge any of their appetites to an unwholesome extent. A man may inherit so strong a desire for drink that he will feel impelled to gratify it, but he knows that if he does he will destroy himself; if he has the right kind of manliness in him he will refrain. The fighting instinct is strong in most men, and finds frequent expression when they are boys, but when they become men they use their manhood and wisdom to repress the hurtful manifestations of the instinct, and direct it into channels that bring them benefits from the assault and conquering of obstacles to their progress in life. The eating instinct is much stronger in men than in women, and yet their sense of chivalry and unselfishness moves them to see that their wives have just as good food as they. So, in the more intimate conjugal relation, if a man knows his duty and interests, he will practice moderation there as in all other ways in which his passions and appetites are strong. There is no reason why he should not, and Viavi advocates know from experience that he almost invariably does. It is a wife's duty to herself and her husband to place this knowledge in his hands.

Self-Denial Brings Strength

Self-denial is one of the most elevating and strengthening forces in the world. Its value is taught by every religion. Unreasonable indulgence in one direction weakens one's ability to resist temptation in all other directions. We see this in the case of drunkards; their whole moral strength is impoverished. Over-indulgence of one appetite leads to over-indulgence of all others. No man of strong character and good sense will deliberately weaken his forces if he is conscious that any of his practices will have that effect. Extremely rare cases have come under our observation of husbands and wives who have never known each other in the closer conjugal relation. Their sole reason was that they were not constituted to bring forth healthy and competent children, with expectations of a happy life. That sentiment represents the pinnacle of human unselfishness. We have known of other cases, where husband and wife pursued the same course, because they were too poor to give their children the proper care. We have known of a few others who refrained because the wife would have suffered in pregnancy and childbirth. All these cases are comparatively rare, because men and women have not generally risen to so high a state of mental and moral development; but the fact that it has been done shows that it can be done; and if so much can be done, the much less that moderation represents can be done.

How Infidelity May Be Invited

If, through lack of the wife's sexual health, there is any imperfection in the reproductive function, a law of Nature governing the mating principle has failed to

operate, and hence the principle upon which the mating rests has been weakened, and this is an element of conjugal discord. It is true just the same if the lack of sexual health is found in the husband, but such cases are comparatively rare, and we are not dealing with them at this time. A deplorable trouble with wives whose sexual nature has been impoverished by disease of the generative organs is that they cannot understand either what a perfect sex sense means, or what their condition means to their husbands. They cannot realize the value of what they themselves are losing on the one hand and suffering on the other.

If a man possesses all the attributes of manhood, he will remain true to his wife, even though she is not a wife in the full sense; and she cannot be a wife in the full sense if she has the slighest weakness or disease of the generative system. It is the height of unwisdom and unkindness in the wife to permit herself to be in any condition that may naturally tend to weaken the bond between herself and her husband, for the bond is a natural one, and its full strength depends upon the presence of natural conditions. In short, a wife owes it to her husband, as well as herself, to be a perfect wife, for unless she is, an element of weakness in the conjugal bond exists. The use of the Viavi system of treatment enables her to be a wife in every sense.

Two Kinds of Wives Compared

A very instructive lesson may be learned from observing the continued strength of the conjugal bond between a healthy and contented man and wife after the wife has passed through the change of life. The great natural difference between a woman who has been unsexed by surgery and one who has passed through the change of life has been noted elsewhere in this volume. If a woman has been unsexed by surgery she has suffered a removal of one of the strongest elements of the conjugal bond, for the simple reason that she is no longer a complete woman; and not being a complete woman, she cannot be a complete wife. The woman who has passed in health through the change of life is still a complete woman, and therefore a complete wife, if she is perfectly sound. Her sex has not been destroyed—only the childbearing part of it has been withdrawn. Her husband's attentions are not repugnant to her, as they must be expected to be in the case of the wife who has been unsexed. If they were repugnant, Nature would be seriously at fault, and we know that she never is. On the contrary, if the husband and wife have been healthy and are fond of each other, the pleasure of their continued conjugal intimacy after the wife's change of life experiences no diminution on that account. As the use of the Viavi system of treatment renders unsexing wholly unnecessary and takes a woman happily through the change of life, it enables her to be a wife in all senses, and prevents the introduction of any element tending to weaken the conjugal bond.

CHAPTER XXI.

ACTIVITY, REST AND SLEEP.

WHEN we study the philosophy of alternating activity and rest we can understand how important are both. Activity implies both the development and the consumption of strength. We acquire the essentials of strength from food, air and light, and these are the essentials of life itself. Having acquired the elements of strength, we develop it by activity, and in this way we lend vigor and endurance to life, and establish conditions antagonistic to disease. Everything that is created with the power of activity must be exercised, to secure its health and usefulness. The absence of all activity is death. Anything that interferes with activity invites the causes that eventually produce death.

As activity means a consumption of strength, as well as its development, there must be something to compensate for the loss. This compensation comes from food, air and sunshine. There is something else, however, equally important—rest. Normal activity, if uninterrupted, consumes strength more rapidly than food, air and sunshine can produce it. The simple state of consciousness does that. Sleep is a form of rest—it is "tired Nature's sweet restorer."

Recuperation Most Essential

It is very easy, by heedless living, to cripple our forces with insufficient rest and sleep. Napoleon was worn out while still a young man, because he had accustomed himself to only four hours of sleep a day during the time of his greatest activity. Gladstone lived to a very old age, and retained his wonderful mental and physical vigor to the last; in his later years he is said to have slept seventeen hours a day. Hard and exhausting work is never hurtful, if the sources of strength—food, air and sunshine—are intelligently employed, and the recuperative powers of the system have proper exercise.

One of the greatest evils with which women have to contend is the general nervous irritation which their diseases produce. This condition is antagonistic to the calm, easy, thorough working of the recuperative forces in rest

and sleep. The Viavi system of treatment not only allays the irritation, and thus gives the recuperative forces full play, but by assisting Nature to cure the diseases removes the cause of the irritation, and at the same time strengthens the recuperative powers.

Exercise Essential to Strength

If anything to which the power of activity has been given is not exercised, it will deteriorate and drift toward disintegration and death. Prisoners in solitary confinement become weak-minded because the higher forms of their mental activity have been suspended; there is no longer the stimulating attrition of other minds; external impressions no longer stir the brain centers to activity. If we securely tie up one of our arms, so that its use becomes impossible, its muscles will wither and its strength depart. A manifestly irrational and very strong tendency of modern times is to treat numerous functional diseases by seeking to relieve weak organs of the work that Nature designed them to do. Thus, when a woman's uterus has prolapsed the ordinary system of treating women's diseases often requires that a pessary be inserted to hold the womb in place. The womb had become prolapsed because it had unnaturally become enlarged and heavy and the ligaments designed by Nature to hold it in place could not sustain the burden. It is evident that the pessary relieves them of all work, and hence that so long as it remains in place the ligaments will gradually lose the strength necessary to hold in place a womb of normal size. The Viavi system of treatment enables the customer to discard the pessary and assists Nature to restore the womb to its natural size, so that the ligaments can hold it in place. That certainly is the rational plan, and it is perfectly successful in practice.

Much Rest Needed in Disease

A great deal more rest is required in disease than in health, for evident reasons. In the first place, disease prohibits a full employment of the sources of strength —food, air and sunshine—and therefore the strength is diminished from that cause. In the second place, it prohibits the proper development from which strength is secured. In the third place, disease itself is a draft upon the strength. In the fourth place, the natural efforts of the system to combat the disease increase the consumption of strength. In the fifth place, the poisonous products of disease consume strength employed to eliminate them, and by lowering the general vitality hinder the accumulation and development of strength.

The diseases to which women are subject are peculiarly pernicious in producing these effects, because of the universal nervous irritation and weakening that they cause. No disease of the generative organs, however slight, confines its bad effects to those organs; every nerve in the body is affected, and hence every functional activity in the body is impaired. With this general impairment come a crippling of the mental qualities and an impoverishment of the affections.

Strength Consumed in Resting

When we are merely resting, and are still awake, more strength is consumed than is stored. This must be so, else we could do without sleep altogether if we should simply rest sufficiently long. Even prisoners in solitary confinement have to sleep. One might think that as food, light and air are so essential to life, we could go longer without sleep than without them. Yet such is not the fact.

Even while we sleep, the consumption of strength is proceeding, because the heart, lungs, stomach and bowels, kidneys, liver and other organs keep steadily at work, and there can be no work without a consumption of strength. But the consumption is very much less than the recuperation; in sleep more strength is being stored than used. Hence sound sleep is perfect rest. If it is fitful, broken and unsatisfactory, and we wake with a feeling of weariness, we have not received the full benefit that we should have had, we have not recuperated as we should, and we have added another burden to health and another impulse to disease.

How Women Neglect Themselves

Many women are amazingly blind to the value of rest and pitifully helpless in commanding it. This is solely because they have not learned what it is and what it accomplishes, and therefore have had no incentive to plan deliberately and intelligently to secure it. Many work or worry every moment that they are awake. They should do as men do—systematize their work and have regular hours for rest. Housekeeping is just as important a branch of the domestic partnership as the work that a man does. Indeed, the welfare of the entire family depends more on what the wife does and is than on what the husband does and is. If a woman is not orderly in the management of her time and strength, she is not conducting her share of the partnership work properly, and therefore is not discharging her duty to herself and her husband. If she does not rest and sleep sufficiently, she does not possess the physical strength and mental clearness necessary to a wise discharge of her duties.

Women Lacking in Wisdom

The improper wearing of clothes is a fruitful source of the diseases that afflict women, but probably the lack of wise precautions on the score of rest and sleep is responsible for much more. Unless a woman is exceedingly careful in this regard she will not only establish a general condition of the system that invites diseases of her generative nature, but she will prematurely grow old and unattractive. Old age in a woman old in years is attractive, but it is not in a young woman. No unnatural condition is attractive, and every natural condition is.

Some women make slaves of themselves to their children, thus bringing harm both to their children and themselves. Some, being of unsound health, bring forth peevish and fretful offspring that sap the last remnant of their

strength, health and youth. Others spoil their infants with unnecessary attention. Many who are not burdened with household cares, exhaust their forces in social pleasures without recuperating with intelligent rest.

The wise woman has a time for everything. She realizes that she must have abundant rest, and that at such times she must throw from her mind all the harassments of her life.

Great Benefits of Exercise

Exercise of a helpful kind is just as necessary as rest and sleep. Attention to domestic duties is exercise, and like all other work is wholesome and helpful if it is wisely done. But it lacks some very important elements. One of these is sunshine. Fortunately, this is secured out-of-doors, where at the same time the most exhilirating and beneficial exercise is to be enjoyed. A short walk every day when the sun shines is highly beneficial. Out-of-doors exercise has many other valuable qualities. It is stimulating. The nervous system responds to the influence, and the circulation is improved in consequence, and the activity of the organs increased. A good digestion is promoted, and the system more readily rids itself of injurious elements, particularly those that are the products of disease. Pleasant impressions are generated, and these act wholesomely upon every function of the body.

A good way to give an object to open-air exercise is to make informal, not fashionable, calls on friends. These, however, should be short, else the physical exercise will be insufficient. Sociability itself is one of the most beneficent of hygienic measures.

Duty of Suffering Women

It is particularly incumbent on a woman suffering with a uterine disease to exercise the utmost care and wisdom in securing adequate rest and wholesome diversions. She should reflect that her disease, however slight, is constantly sapping her strength and weakening her recuperative forces, and that it is doing this with a severity commensurate with the gravity of her affliction. Even her sleep is not as sound as it should be, and therefore she should have more of it than a perfectly well woman. Every minute that she takes in comfortable rest, and every hour that she can devote to sleep, adds to the power of her recuperative forces. The Viavi system of treatment will greatly assist her to secure sound sleep. This it does without the slightest trace of a sedative, opiate or other anodyne, but solely because it feeds, strengthens and tones her nervous system, and assures the removal through a strengthened circulation of the irritating products of her disease. It thus gives her system strength to combat the disease, and her recuperative forces power to store up strength.

How Rest May Be Secured

Some practical hints on how to take rest in the waking state may prove helpful. The entire body should be rested, for if there is any part of it at work a draft is

being made upon the strength. The best rest is taken while lying down. The clothing should be thoroughly loosened, so that there will be nothing to interfere with the free circulation of the blood or press upon the viscera. A quiet place, free from noise, should be chosen if possible, for every sound gives the auditory nerves some work to do, and is an irritation as well. The mind should be made as blank as possible; but if it shows any tendency to wander upon disagreeable or fretting subjects, it should be made to dwell upon something pleasant, for every unpleasant thought consumes far more strength than a pleasant one, and is an irritation besides. The room should be made as dark as possible, because light gives the optic nerves some work to do, and thus consumes strength, besides being an irritant.

Secret of Resting Comfortably

In resting while lying down, the couch or bed should be perfectly comfortable. Of course, the greatest care should be taken not to contract a cold. The body should be perfectly level, for if the upper part of it is raised the bowels will be crowded down and made to press upon the organs of the pelvic cavity. If a pillow is used at all (and some women find that to do without one altogether is better, becoming accustomed to this by reducing its size day by day), it should be small, so that the blood can have free access by gravity to the brain, and should not be soft and heating, the idea being to keep the head cool. The abolition of voluminous pillows has helped to cure many a backache, because such pillows prevent the perfect rest of spine throughout its whole length. Rest is promoted by shifting the position from the back to one side, and then to the other side, as a long-sustained position is itself wearisome. On warm days it will be found restful, while lying on the back, to place a moderately large, hard pillow under the knees; this is especially beneficial where there is a tendency to swollen feet and legs, and varicose veins.

If a Viavi customer will rest in this manner for half an hour every afternoon, and, if necessary, in the forenoon as well, she will find that her progress will be much more rapid and satisfactory, and that she will be less irritable and more cheerful and hopeful.

Separate Beds Are Demanded

It is eminently advisable that husband and wife, even though both are perfectly healthy, should sleep apart, and this is imperative if the wife is ailing to the slightest extent. It will be often found that the women who suffer from a lack of moderation on the part of their husbands are the very ones who insist on their sleeping together. They have only themselves to blame. The principal reason why women desire that their husbands should occupy the same bed with them is that they come to rely on what they feel is the protection that the presence of their husbands affords; they are nervous and apprehensive if alone. It is more than likely that these same women slept alone before their

marriage. They might reflect with profit that the feeling of security afforded by the presence of their husbands is merely a habit, and that it can be easily broken up by the exercise of a little determination and strength of character. It is a bad habit, and like all other bad habits, should be abandoned as soon as possible.

It is better that they should occupy separate rooms. Where this is not possible, they should have separate beds in the same room.

Common Resort to Narcotics

The diseases peculiar to women are particularly disturbing to sound and refreshing sleep. This is because the nervous system is badly affected and the body poisoned to a greater or less extent with the products of the disease. As a consequence, the temptation to use some kind of sleeping powder, pill or draught is exceedingly strong. Indeed, it is a common practice to prescribe drugs that have the effect of deadening the nerves and stupefying the brain, and thus inducing sleep. Within the last few years tremendous energies have been expended in the search for new sedatives, hypnotics, narcotics, soporifics and anodynes. Coal tar has yielded a formidable list of these poisons. In many cases the physician informs the sufferer afflicted with insomnia what preparation he is giving her to induce sleep, and he advises her that as she cannot sleep naturally, and is in great need of sleep, it is necessary that she should use the preparation. Believing this, she comes to rely upon this artificial relief from her tortures, and thus becomes confirmed in the habit. In other cases the physician conceals the drug under some symbol or unrecognized name in a prescription, and the victim is unaware that she is taking it. Many other sufferers resort to sedatives without the connivance of physicians, simply because they are so easily accessible and cost so little and are used by so many other persons. A great many women carry about with them little pellets, tablets, wafers, salts, or what not, that are made to ease headaches or soothe or stimulate the nerves, and are ignorant of the fact that they are using destructive sedatives or stimulants whose true nature is concealed in the alluring name of the preparation.

Narcotic Habit Is Prevalent

One of the most stubborn difficulties that Viavi representatives have to encounter, particularly in chronic cases, is the presence, conscious or unconscious, of the narcotic habit in the sufferers. In such cases there is always and necessarily a lowered physical, mental and moral tone, to a greater or less extent, so that not only must physical conditions aggravated by the narcotic habit be overcome, but the mental and moral forces have to be built up as well.

When it is reflected that the foundation of the reputation of the Viavi system of treatment was laid in the cure of chronic cases of the most serious kind, and that in many of these all the evil effects of the narcotic habit had to

be overcome (for no cure is possible until that victory has been won), the power of the treatment, not alone in assisting Nature to cure the disease, but also in overcoming the fearful effects and seemingly invincible hold of the narcotic habit, may be comprehended. Some of the most brilliant victories achieved by the treatment have been in curing women of the opium or morphine habit while overcoming the disease out of which the habit grew.

Evils from Using Narcotics

The evil effects of all drugs that alleviate pain and induce sleep may be easily comprehended. The controlling power of every function of the body, the force that renders possible everything that we do and are, is the nervous system. Even pain is evidence that the nerves are alive to their duties and are discharging them, for pain is Nature's notice to our intelligence that something has gone wrong which demands our immediate and wise attention. Pain is intended to be the great educator of our conduct. If an infant, lured by the beauty of a candle-flame, thrusts its finger into it, the flame will injure the tissues and nerves, and this injury is not good for the infant's welfare. Therefore, Nature provides that the nerves whose business it is to guard the welfare of that finger shall instantly inform the brain that a mistake has been made, that an injury is being done. The brain immediately, upon receiving this notice, and finding that it means the presence of harm, at once sends out, over another set of nerves, the impulse that causes the infant to withdraw its finger and thus stop the harm.

It must be clear that pain is absolutely essential to an intelligent care of the body and its preservation from harm. That is what the capacity for pain was given us for. If that capacity is impaired or destroyed, we suffer an impairment or destruction of a thing vital to our self-protection and self-preservation. That is just the effect produced by drugs that alleviate pain and induce sleep, and it is just the effect that the Viavi system of treatment counteracts.

Effect of Narcotics on Nerves

Upon the full integrity of the nervous system depend the perfect working and condition of every part, organ and function of the body. Any drug that has the effect of numbing pain or inducing sleep lowers the tone of the entire nervous system, and thus necessarily impairs its integrity. The unavoidable result is physical deterioration and an aggravation of any disease that may be present. This is true with regard not only to what may be termed strictly physical conditions, but also with the mind itself. Thought is a function of the brain, just as the secretion of bile is a function of the liver, or the secretion of gastric juice is a function of the stomach, or as the contraction of muscles in the various acts of the body and its members is a function of the motor nerves, or as the transmission of the sensation of pain is a function of the sensory nerves. The ability of the brain to perform its function in the production of ideas depends strictly upon the condition of the brain. It is the grand center

of the nervous system. It is here that all the incoming and outgoing nerves are assembled. It is here, after their assemblage, that they are brought into a close common relation, in order that the body may be what it is, a unified structure. Hence it follows that if an injury is sustained by any nerve or set of nerves, the entire body is injured to that extent.

But what of the grand center, the brain, itself? It is the one that receives all the buffettings, that sustains all the injury that any nerve or set of nerves may suffer. That is why the mind is so seriously affected by uterine diseases. When a pain-alleviating or sleep-inducing drug is taken into the system it enters the circulation and is thus distributed to every part of the body. Not only is every nerve in the system affected by it, but the brain is affected both through all the nerves and through a direct attack of the drug upon it. As a consequence, an impairment of the function of the brain—that is, the power to think—is unavoidable, and the longer and oftener this injury is inflicted the more seriously the mind will be affected.

How a Habit Is Confirmed

Anything relieved of the work that Nature intended it to perform will eventually lose the power to do its work. This is just as true of the nerves as of everything else. If, by the use of pain-deadening drugs, we impair or destroy the ability of the sensory nerves to convey impressions of pain to the brain, we shall not be properly informed when matters are going wrong, nor when danger and injury are present, and hence the mind will not know that anything is to be done to avoid danger or to prevent or repair the injury. Every drug that is taken to alleviate pain tends to have that effect.

Likewise, sleep is a function of the nerves, and a desire for sleep is a notice given to the brain that rest and recuperation are demanded by the system. The brain thereupon directs that measures be taken to secure sleep. A bed is provided and prepared, we undress, get into bed, compose ourselves, and invite the sleep that the mind has ordered. If the nerves come to depend upon some artificial agency, such as a sleep-inducing drug, they will give a false and unnatural impression to the brain, and the brain, thus deceived, will produce a false and unnatural idea. The longer and oftener this deception is practiced upon the brain, the less will grow its power to functionate normally in the production of natural ideas, and the more confirmed, therefore, the false, unnatural and pernicious reliance will become.

Why Narcotics Are Given

Physicians administer pain-deadening and sleep-inducing drugs out of mere pity for the sufferers, though often with the belief that sleep by any means is better than no sleep at all. They reflect wisely that insufficient sleep will bring insanity or death sooner or later, directly or indirectly. As their skill is insuffi-

cient to produce natural sleep, they are forced to resort to artificial means, many of them being aware of the fearful risks they are running and of the immediate harm they are doing in order to secure the good at which they aim. It is the best they can do. This is one of the most pitiful and humiliating confessions that the science at their command could make.

The use of the Viavi system of treatment strengthens and thus enables one to do away with all the evils that this practice embodies. Through the education of the mind, the strenghtening of the moral forces and the building up of the nervous system it explains the immense value of pain and aids its philosophical and cheerful endurance, and gives strength to do so. As for sleep, that is one of the first, most immediate and most salient of its good effects. Many thousands of afflicted ones, who had suffered incredible tortures from insomnia, secured their first night's sound, sweet, peaceful and restoring sleep after the first few days' use of the treatment; and the start thus made is never interrupted. This result may not be produced so quickly in all cases.

Natural Sleep Is Induced

The reasons why the Viavi system of treatment induces a perfectly natural, and therefore beneficial, sleep, are evident. If the treatment contained any narcotic principle, the very end to which it is directed would be defeated, and the cures that it assists Nature to effect would be impossible.

It feeds impoverished tissues that are irritating the nerves by clamoring for sustenance; it feeds the nerves that have been impoverished by the incessant and exhausting demands upon them; it assists Nature to regulate the circulation, which not only is thus enabled properly to distribute the nutriment from the treatment and the digestive system to every part of the body, but also to remove the waste products of living and the poisonous accumulations from disease; it aids digestion, assimilation and elimination, all the organs being thus enabled to do their work painlessly and easily, without any fretting of the nerves or brain. In short, it induces a natural condition of the system, and as sleep is a natural process, sleep follows as a natural and certain result.

It will thus be seen that sleep is not induced directly, as in the case of drugs, but indirectly, by the establishment of natural conditions in the system. That is to say, the treatment follows natural laws instead of violating them, and establishes a natural condition by natural means. Natural conditions can never be established by artificial means. Natural sleep can never be induced by drugs. Disease can never be overcome by resort to unnatural measures, and health can never for long be maintained under unnatural conditions.

The Meaning of Weariness

The Viavi system of treatment induces waking rest in the same manner that it does sleep, but the process is so interesting and instructive that it will bear special analysis. It is highly important that we understand all these things, for upon

such understanding depend a sure and early recovery from disease and an intelligent maintenance of health.

We shall illustrate the subject in the following way: The sensation of hunger is a notice sent by all the nerves in the body to the brain that the system needs food. When the brain receives this notice it performs its natural function—it creates in the mind a perception of the meaning of the sensation. Thereupon the mind devises the proper remedy—it moves the arms and hands to procure food and convey it to the mouth, the mouth to masticate it and the throat to swallow it. Thus the demand is met. An impairment of the integrity of the nerves will often fail to inform the brain when food is needed, and consequently the sensation of hunger will be absent, and the mind will not take adequate steps to meet the demand of the system.

So, the sensation of weariness is a notice sent by the nerves to the brain that the body is in need of rest; the mind thereupon devises means for securing rest. But women afflicted with the diseases peculiar to their sex have nerves whose integrity is impaired to a greater or less extent. Hence the nerves may fail to inform the brain that rest is needed, or the nervous irritation caused by the disease may prevent needed rest. If the integrity of the nerves is restored, they will perform their duty intelligently; they will know when the body needs rest, and when it does they will so inform the brain; and the brain will evolve thoughts of rest, and compel its adoption. That is just what the use of the Viavi system of treatment accomplishes.

Why Bedtime Is Dreaded

A great many afflicted women dread going to bed, because they know that long and torturing hours of wakefulness await them. If they felt that sleep would come promptly, would be sound, and would continue for a sufficient length of time, they would look forward to bed-going time as one of the pleasantest events of the day. They would enjoy it just as much as a hungry person would an approach to a table laden with tempting viands. In the morning they would arise refreshed and satisfied, just as a person would from a meal that had been enjoyed.

By assisting Nature to establish normal conditions the Viavi system of treatment induces a desire to sleep at the proper time, and the ability to sleep soundly and a sufficient length of time for the recuperative forces to do their work. There will be no tendency to dread the act of going to bed. In other words, natural conditions will be established by natural means, and natural functions will result. Sleep is one of them.

We thus see that the use of the Viavi system of treatment cures not alone by feeding the nerves and tissues, by establishing a perfect circulation and making good blood, and by eliminating the waste products of living and the poisonous products of disease, but also by establishing conditions that lead to healthful and natural rest and sleep, which alone are among the most

powerful of curative agencies, and in whose absence the curing of disease is impossible.

How Activity Is Encouraged

For the same reason that the use of the Viavi system of treatment establishes conditions leading to rest and sleep, it rehabilitates those conditions that render activity easy and pleasurable. People who do not rest and sleep sufficiently have no desire to employ their activities. They are tired and depressed all the time. "That tired feeling" has long been a byword in describing the feeling of women afflicted with the diseases of their sex. They feel no incentive to do wholesome, orderly and profitable work. They take little or no interest in their work, and as a consequence they do it badly. They feel no impulse to go out-of-doors and enjoy exercise, pure air and sunshine. Nothing leads them to seek those social pleasures that mean so much to the health and that add so much to the graces of life. They prefer the gloom of solitude and the dreariness of home imprisonment. The use of the Viavi system of treatment will change all that for them, and make them what they should be—contributors to their own happiness and usefulness, to the happiness and prosperity and content of their husbands, and to the welfare of their children.

True Meaning of Disease

Every disease, however slight, is a hastened step to the grave. Every physical condition that embodies the least deviation from the normal, is a summons to death. Every artificial device employed to take the place of essential natural processes, is an invitation to disease or an aid to its work. Every reliance upon artificial means serves as a blinding to the right and natural means. The Viavi treatment recognizes and adopts the principle that natural tendencies are upward; that the natural condition is one of health; that Nature unaided would cure all diseases had not her overcoming and recuperative forces become too weak in the many cases where she fails, and that the one and only true method is to extend the assistance that Nature needs. She will never fail to employ it if extended in time, and will make the most of it under the most disadvantageous circumstances. The Viavi system of treatment has proved the most valuable aid that she can successfully employ in assisting Nature to overcome the obstinate and destructive conditions existing in the diseases with which women are afflicted.

CHAPTER XX.

REGULAR HABITS.

SO long as the earth continues to revolve on its axis, presenting successively the different parts of its surface to the light of the sun, so long must it follow that the affairs of life and the world must be ruled by the conditions thus established. Nearly all savage people are or have been sun worshipers, for they have the common sense to recognize the controlling influence of the sun and the value of what we get from it, and have not yet developed spiritually to a state in which they can conceive a higher power of which the sun is but an instrument; they have not learned that there are countless millions of other suns, all possibly giving life to countless millions of worlds besides ours.

When the sun rises, the activity of all nature begins; when it sets, the time of diurnal rest is at hand. Thus at the very foundation of life a regular daily procession of events is established, and the more we respect that fact, and order our conduct and affairs in accordance with it, the nearer we shall be to Nature and the more we shall get of the happiness and prosperity that she can bestow.

All Conduct Based on Habit

All successful businesses are conducted with reference to day and night. This means the existence of a business habit to that extent. The formation of one habit leads to the formation of others. For that matter, it is needless to argue that we are essentially and of necessity creatures of habit. A step further leads us to an appreciation of the fact that habits may be good or bad, that we know the difference between them, and that it is as easily within our power to cultivate useful as it is prejudicial habits. We know that if a business man falls into a slovenly and irregular way of conducting his business, it will go to pieces. We know that if one contracts a bad habit of any kind, one will suffer for it. We know, too, that habits are exceedingly tenacious, more so in middle life and old age than in youth, and that they are so, whether they are good or bad.

Habit Comes from Practice

Useful habits, when thoroughly established, are followed so easily that we may be hardly conscious of the acts to which they give rise. Thus, walking is a very complex and difficult art, requiring a high order of skill and judgment. A long time and vast labor were required of all of us to master it, and in the process we received many a hurt; but after mastering it we acquired it as a habit, so that we came to perform the act with so great ease and assurance that it gives us no trouble whatever. In fact, we may be so engrossed with our thoughts as to be unconscious of any effort to perform it; and under ordinary conditions we take great pleasure in it. Yet is is one of the most difficult things imaginable. We do it so easily solely because it has become a habit to do it easily—it has become second nature.

We do many other things automatically, all from having acquired the habit of doing them. Imagine, if possible, the incredible complexity of piano playing by an accomplished performer—the vast range of muscles brought into perfect and harmonious play, the swift and accurate action of innumerable nerves, and the tremendous array of co-ordinating mental faculties at work. Yet to the performer it is all very easy, though utterly impossible to one who has not acquired his skill. It is simply because he has formed the habit—it has become second nature with him.

Bad Tendencies in Heredity

What is difficult in the beginning becomes easy by frequent repetition. That is the secret of skill in all things. Even many bad habits require much effort and persistence in their acquirement. The poison of tobacco is repugnant to the human system, and boys who acquire the tobacco habit do so only after getting sick a number of times in the effort. Generally, however, bad habits are easier of acquirement than good ones, for the reason that we have got far away from the natural and primitive conditions of our existence, and it is required of us, under our present conditions, to make intelligence and conscience take the place of instinct. If we fail to do so, we have not sufficient instinct to guide us aright, but, on the contrary, a great store of inherited weaknesses and evil tendencies that seek to assume control. A poisoned heredity, therefore, has become our guide, instead of the instinct that makes the lower animals live aright and acquire only useful habits. It is true that we have another guide in the example of those about us, but unless we have the wisdom to distinguish between the good and the bad in the example that they set, our inherited perversity may naturally lead us to prefer the bad to the good.

We Should Study Our Habits

Many of us are in stupid ignorance of the fact that certain habits that we follow bear the slightest element of harm. We would try to uproot them if we knew they

were injurious, but we take no great trouble to inform ourselves whether they are hurtful or helpful. It is incumbent upon every one of us with the slightest pretensions to a faithful discharge of our duties to examine every one of our habits minutely and ascertain whether it is good or bad.

The beauty of forming correct habits is manifold. They soon become easy; they give endless pleasure; they help to uproot bad habits by establishing a better order in the economy and giving it greater strength, pride and self-reliance. If we do not make an intelligent and persistent effort to uproot bad habits and establish good ones, we are deliberately violating our obligations, and bring harm not alone to ourselves, but to others, and more particularly to those immediately associated with us. The mother or father who indulges in any injurious habit transmits to the offspring a tendency to adopt that habit, or others equally bad.

Absence of System a Burden

By the systematizing of all one's affairs they are the more easily attended to, and the practice of attending to them promptly and at the proper time soon establishes the habit of doing so. Other things being equal, those men are the most successful in business who have the best and most orderly system for conducting it. It is ground into men from boyhood to systematize their duties. As a consequence, they can do a great deal more, and do it a great deal better and more easily, than if they had no system. The reason why the lives of so many women are hard is not that their duties are really irksome in themselves, but that they are injudiciously discharged. To do a thing in a haphazard way requires a great deal more strength and labor than to do it in a systematic way.

Neglect of Personal Attention

There are certain simple regulations of life whose faithful observance brings powerful elements of health. Perfect regularity in personal matters is one of them. Take so simple a matter, seemingly, as the calls of Nature for an evacuation of the bowels and bladder. A great majority of people, women especially, have no definite time or times of the day for this duty, and consequently they establish no regularity of habit in this regard. The system does not organize its forces on a definite plan, but is always uncertain and hesitating. Of course everything must suffer from such neglect.

There are others who defer such a call when it is made. If Nature does not take matters in her own hands and force the issue, she ceases for the time to make the demand, and then bends her energies to get rid of the deleterious refuse by other means. The nerves set the mucous membrane lining the intestines at work, and the blood absorbs what it can of the effete matter. The blood then carries it to all parts of the body, working some of it out through the skin, and some out through the lungs, thus tainting the breath. In the case of urine unduly retained the blood takes up what it can and dis-

tributes it throughout the system, with equally unpleasant and hurtful results.

Nature Responds to Thoughtfulness

The functions of the body are wonderfully responsive to kindly and intelligent treatment. If the bowels and bladder learn that at certain definite times of the day they are to be emptied, they will organize their processes so intelligently that they will be always ready to empty themselves at those times, and will never give any trouble in doing so. On the contrary, they will be so grateful that they will discharge their duty in a manner that gives us much satisfaction. At the same time, not the slightest strain will be put upon the nervous system in its efforts to correct our fault, and this will produce a state of general nervous content and ease. The best time for emptying the bowels is immediately before or after breakfast, for all during the night and the previous day the digestive processes have been storing refuse and getting it ready for discharge. The bladder, of course, will be emptied at the same time. In a normal state the bowels require emptying but once a day. If there is a tendency to do so oftener or less often, something serious is wrong, and we should try to correct the fault without delay. One of the best ways of doing so is to establish the habit of emptying them at a definite hour every day. Even though no desire for stool may be felt when that hour arrives, Nature should be invited to make the effort. She will gradually come to understand that we have an intelligent and kindly purpose, and she will then do her utmost to conform herself to our intention. That is the establishing of an exceedingly beneficent habit.

Nature's Works Are Rythmical

We can understand, upon a little reflection, why regularity of habits is so essential. Nature compels us to sleep a certain number of hours every day. This is implanted ineradicably within us, and we cannot violate it without suffering the consequences. Thus we have the foundation of a rythmical procession of events—the waking and the sleeping life. Each has a distinct and vital purpose—the one for the consumption of strength, and the other for its recuperation. Hence the more rythmical and orderly we make our acts, the more pleasure living will give us. It should cause us infinite shame to be driven to perform any of the natural functions, whether eating, sleeping, or evactuating the bowels and bladder. Nature desires to be our friend and guide, not our lash-wielding master. She punishes us only when we violate her laws, but she never fails to reward us when we obey them; and we get pain or pleasure out of life to the extent to which we violate or observe its principles.

It may be deemed a surprising thing that any necessity should exist for insisting on perfect regularity in one's personal habits, but the truth is that this is one of the worst obstacles encountered in the treatment of disease, and one of its most prolific causes.

Good Produced by Regularity

One of the reasons why men are healthier as a rule than women is that they are more regular in their natural functions, and the reason why they are more regular is that their business is regular. If women would regulate their affairs as completely, their natural tendency would be to give regular attention to their natural functions. Men were evidently intended by Nature to be stronger than women, but not to be heartier nor healthier. Their superiority in these regards grows out of their habits of life.

Thus, in the matter of eating, the systematized method of a man's life lends a zest to his efforts, and this keeps his nervous system in good tone, with the result that his appetite is hearty and his digestion good. Women are prone to give too little attention both to the character of their food as strength-making material, and to regularity in taking it. Just as the bowels and bladder respond gratefully to intelligent attention on the score of regularity, so does the stomach. When we come to discuss dyspepsia we shall have something to say about diet, and the principles there laid down will have wide application. The point now insisted upon is that regularity in eating be given the closest attention. This is just as important as the character of the food that we eat. The stomach, like everything else, does its work best if it has regular periods of work and rest, and if this regularity is interfered with the health of a well person will suffer, and the disease of a suffering one will be augmented.

How Regularity Is Beneficial

Regularity in the times for taking rest and sleep will conserve strength to a wonderful degree, and this strength is useful both in maintaining health and combatting disease. If the system has been accustomed to expect food at regular times (not closer than six hours apart), the sensation of hunger will rarely occur until the time arrives when the stomach has been taught to expect food. Similarly, if regular habits have been established with regard to emptying the bowels, the desire to do so will not appear until the regular time for emptying them arrives. In the one case the hunger will be sharp, and in the other the desire will be strong. As a consequence, natural enjoyment attends the performance of these functions, because they are natural functions.

So, if the system has been made accustomed to expect daytime rest at a certain hour, it will create a desire for rest when that hour arrives, and the rest, therefore, will be sweeter, more thorough and more refreshing than if it is taken in an irregular and haphazard fashion. It is the same with going to sleep. If the system has been made accustomed to going to sleep at a certain hour, it will expect to sleep when that hour arrives, and as a consequence sleep will come readily and be sound and refreshing.

It may seem absurdly unnecessary to call attention to these elementary

and self-evident rules of conduct, but the fact is that ninety-nine persons in a hundred give them no thought, much less understand their great value.

Good Habits Yield Pleasures

There is hardly a thing of ordinary occurrence in life but that will be better done, and will give more pleasure in the doing, if it is done regularly. Take exercise, for instance. If we have accustomed the system to the pleasant stimulus of a walk or drive or ride, or anything else of a kindred nature, at a certain hour of the day, it will expect that stimulus when the hour arrives, and will enjoy it much more than if the pleasure is taken in a haphazard and sporadic fashion. The great evil of evil habits is that the system has become accustomed to the regular performance of the habitual evil act. If a man accustoms his system to an intoxicant at a certain hour of the day, he will crave it when that hour arrives. In a similar way, the system will crave the indulgence of a good habit, and will enjoy it.

It is the same with all the work that falls to our daily lives. A man enjoys his business, and is successful in it, in proportion to the regularity with which he conducts its details. Not only that, but it comes easier to him, and he does it better, and it is more beneficial to his spirits, health and strength. Great musicians have regular hours of the day for practice, and no matter how proficient and famous and prosperous they become, they must continue to practice in that regular way, or they will lose their skill. A woman who lays out her duties on a systematic plan, will find them much easier to do than if she permits them to drive her, will take a great deal more pleasure in doing them, and will receive the full benefit that their performance can impart.

Chapter XXI.

SUNSHINE AND AIR.

WE all realize to some extent the fact that the sun's light is essential to health and life, but we do realize it to the full extent, and do we make the most intelligent use of the knowledge? Every living thing must have the sun's light. Even the blind creatures that live in caverns and at the bottom of the sea receive some light, however little, and however imperceptible it may be to our senses. Some things naturally require less light than others, but we are not concerned with that fact here. We know that human beings require all the light they can get, and that they thrive in proportion to the amount they receive, and suffer in proportion to the extent to which they are denied it. Persons confined in prison cells or to their homes become etiolated—that is, pale. This means that their blood is not of a character to sustain health and overcome disease. If the blood is wrong everything else is wrong.

Kinds and Effects of Sunlight

The sun's light comes to us in two forms—direct and refracted. The direct light is the direct, uninterrupted ray; it is what we call sunshine. Refracted light is the ray turned aside, diffused and scattered. Hence it has power, but not nearly so great as that of the direct ray. The daylight in our houses is refracted sunlight; that out-of-doors on a clear day is direct sunlight. On a cloudy day we have refracted and diffused light, because the direct rays are broken up, and much of their power absorbed, by the clouds.

Civilized races have accustomed themselves in a measure to less sunshine than savages enjoy, but two things may be noted—first, that civilized races are not so healthy as savages, and that those civilized persons who spend most of their time in the open air are the healthiest.

The Qualities of Sunlight

The difference between the power of the sun's light in summer and in winter is due to the difference in the thickness of the layer of the earth's air that it has to penetrate. In winter this thickness is much greater than in summer, because

the rays come to us more slanting, and hence more of them are absorbed, and fail to reach us. Therefore it is advisable that we get much more sunshine in winter than in summer.

For our purposes we may assume that the sun's light has two qualities—a chemical one, which is roughly called its actinic quality, and its heating one. Both of these qualities are diminished in winter. The actinic quality is of more importance to us than the heating quality. Both the actinism and the heat are vastly stronger in the direct than in the refracted rays. In a place that is very hot in summer the heat that we receive from long exposure to the direct rays may do us more harm than the actinic quality will do us good. Happily, we can always use our intelligence both as to the length of time we should expose ourselves to the direct rays, and as to devising measures to lessen the power of the direct rays, by interposing between us and the sun something—say a loosely woven fabric—to intercept some of the light.

Life from Air and Sunshine

Working hand in hand with the life-giving power of the sun is that of the air, and the two are properly considered together. All things, including human beings, draw from the air much of what they need to sustain life. When earth is brought up from a deep mine or well, it is unfit to grow plants, because it lacks the elements that the air and sunshine impart to soil to make it suitable for the sustention of plant life. These forces work upon it as it lies exposed, and in the course of time a growth of grass or weeds appears upon it. Farmers get the best results by letting their land lie fallow once in a while—that is, by refraining from growing a crop upon it. The following year it yields a much more bountiful crop than if it had been denied this opportunity to recuperate. Most farmers call this "letting the land rest." It does not really rest then any more than when a crop is on it, but the absence of a crop permits the air and sunshine to have free access to it, and they thus restore to it useful elements that former crops had consumed. It follows, therefore, that when a field is fallowed it should be thoroughly plowed, and more than once, for the more thoroughly it is stirred, to a reasonable extent, the more completely it is exposed to the action of the air and sunshine, and the more useful elements it draws from them.

Effect of Sunlight on Colors

The air and sun, and particularly the sun, lend to all living things the colors that distinguish and adorn them. Within the tissues in which the color appears, Nature stores what are termed pigment cells, which contain the element upon which the actinism of the sun's rays works to produce the particular color that the pigment is designed to develop. Hence for every different shade of every different color in living things, the pigment cells contain a distinct element capable of producing that shade when acted upon by the sun's light.

It follows that the brightest colors are seen in those living things that receive the greatest amount of sunshine. We know that persons most exposed to sunshine have the highest color. In the skin of brunettes there is more pigment than in that of blondes, and hence sunlight makes a brunette darker than it does a blonde. Persons of a reddish complexion grow redder instead of dark in the sunshine. This is not because of the presence of a reddish pigment in the skin, but because the action of the sun stimulates the capillaries in the skin and renders the increased quantity of blood in them more visible through the cuticle. Brunettes have the same experience, but their skin is apt to be thicker than that of blondes, so that less of the red blood shows, and the presence of the dark pigment has a further tendency to obscure the red. Nevertheless, a brunette much exposed to the sun acquires a certain soft and pleasing glow that is visible in spite of the darker pigment.

A Necessity for Pure Air

The air in a house is rarely, or never, so pure as that outside. There are so many reasons for this, and the fact is so familiar to all, that it need not be discussed minutely here. As pure air is necessary to health and to recovery from disease, it is essential that we admit all that prudence suggests. The air in a bedroom rapidly becomes foul and poisonous, so that we are constantly taking back into the blood the deleterious elements that it has thrown off through the lungs. Hence it is highly important that the bedroom be amply ventilated, both night and day.

It is computed that when at rest we consume 500 cubic inches of air a minute. Therefore if we remain at rest all day and night in an unventilated room ten feet wide, twelve feet long and ten feet high, we shall consume one-third the air, for 500 cubic inches consumed a minute means 720,000 cubic inches consumed in twenty-four hours, and there are 2,073,600 cubic inches of air in a room of the foregoing dimensions. This means not only a consumption of that much air, but the vitiation of all the rest. If we walk at the rate of one mile an hour we use 800; two miles, 1,000; three miles, 1,600; four miles, 2,300. If we start out and run six miles an hour we consume 3,000 cubic inches of air during every minute of the time. In walking at the very leisurely gait of two miles an hour we get the benefit of twice as much air in the lungs as when we are resting, and more in proportion to the increased gait. This means a greatly quickened action of the heart, a largely increased rapidity of the circulation, and an extensively augmented elimination of impurities, particularly through the lungs and skin. From this we may infer both the importance of pure air and the value of exercise. The sun's direct rays exercise a powerful influence in purifying the air. That is one reason why outdoor air is purer than in-door. It is also a reason for having the bedroom as sunny as possible, and for admitting to the house an abundance of sunshine every day.

Sunshine Benefits the Nerves

The action of the sun's direct rays upon the peripheral nerves—those terminating in the skin—is remarkable. It stimulates them, and the impulse of this stimulation is of course transmitted to the brain and extends throughout every part of the body. The effect is a heightened and strengthened vitality. All have observed the stimulating and refreshing effect of a hot bath, except where its injudicious use has produced an over-stimulation followed by depression. The effect of the heat of the sun is similar to that, but possibly there is an additional chemical effect from the actinic properties of the sun's rays. It is a curious fact that while we recognize the necessity of exposing the entire body to the action of the water in taking a hot bath, we do not seem to appreciate the value of removing all the clothing for a sun bath. Of course it is impossible to get the full benefit of the sun's light, or anything approaching it, unless we expose every part of the body to its effects. This requires great care, as there is danger of blistering the skin and overheating the blood. But if it is done judiciously, and at regular times, remarkable benefits will be secured from it. Directions to Viavi patrons for taking a sun bath are given in the latter part of this volume.

CHAPTER XXII.

MENTAL STATES.

IT is easy to underestimate the importance of the relation between mental and physical conditions. Close observation and large experience have settled the following propositions: Disease affects the perfect integrity of the mind to the extent to which it affects the nervous system and draws upon the vital forces, and tends to create a condition of mind operating against the curative power of natural forces. For this reason it is demanded of us that we understand the mental condition in which disease puts us, and take such action as prudence, duty and common sense will suggest. This is a subject in which husbands and fathers should take particular interest. They should reflect that a woman afflicted with a disease peculiar to her sex is nervously affected in one way or another to a greater or less degree, and that this condition calls for his finest consideration and wisdom.

Records of Lunatic Asylums

When we reflect that eighty-five per cent of the female inmates of lunatic asylums were brought to their condition by a disease of the generative system, we can appreciate the serious nature of the situation. It has been already explained why diseases of the generative organs so seriously affect the nervous system, and ordinary intelligence will inform us that whatever injuriously affects the nervous system will bring damage to the center of that system, the brain, which is the organ of thought. All readers of newspapers see, with terrible frequency, accounts of women who have committed suicide, or killed their own children before taking their own lives. These are so common that the newspapers give no special attention to them. From these desperate conditions of the nervous system all the way down to the slightest nervousness or irritability are infinite shades of mental unsoundness, each and every one of them meaning an impairment of life,

Nerve Force and Its Value

Every thought to which the brain gives birth, every emotion that springs up in the heart, every act that we perform, every living process within our bodies, is the

product of nervous forces. If any single nerve in the body suffers injury, or is overworked, every other nerve will suffer, and the brain itself. There is no such thing as an independent nerve or set of nerves. They are all bound into one structure. If any nerve or set of nerves suffers injury or is overworked, all the other nerves, and of course the brain, sympathize with it, try to aid it, and give up some of their force to it. The greater the number of nerves injured, or overworked, the greater the draft upon all the other nerves and the brain. Every draft upon nervous force weakens the ability of all the nerves to do the natural work assigned to them. As diseases of the generative system involve an exeeeedingly large number of nerves, it is easy to understand that the harm they bring to the entire system is very great.

Constant Dripping That Wears

The nervous system may suddenly and completely collapse under a very severe injury to a considerable number of nerves. This is called shock, and it is an eloquent fact that shock is one of the consequences most dreaded and oftenest experienced in surgical operations for the diseases of women. Shock nearly always follows such operations. If it is very severe, it is fatal. This shows the extreme nervous sensitiveness of the organs of generation, a fact with which we were already sufficiently familiar from knowledge of the great number of nerves supplying them.

A minor injury, long sustained, has a cumulative force. A seemingly insignificant disease, particularly one of the uterine organs, maintains a constant nagging of the entire nervous system, and as this represents a steady use of nerve force without a compensating regeneration, there is gradual deterioration, until a condition presents itself which must give rise to serious consequences. It is like the constant dripping of water on a stone. It is impossible to see from day to day that any change is taking place, but the time comes inevitably when the effect is seen.

Strength Slowly Consumed

Disease absorbs the strength that the body needs for all its functions and purposes. This strength is drawn from every part and organ, but most rapidly from those that have an inherent weakness—in any event, those are the ones that suffer first and most. If the heart is lacking in native strength, it will give evidence of the draft being made upon it; for this reason we often find palpitation with uterine diseases. Indigestion, a very common accompaniment of these diseases, indicates that the digestive system is giving way under the strain. The kidneys may be the first to suffer, leaving in the system much of the poison that it is their function to drain from it. The lungs may break down, rendering the afflicted one subject to pneumonia, bronchitis or consumption. The walls of the blood vessels may have some inherent weakness that the nervous drain develops, with the result of imperfect circulation, the impoverishment

of the body and the accumulation of waste to form tumors and other growths. With all of these conditions are correlated derangements. The blood will be of a poor quality. The lungs will not be able to do their work of purification and bring into the blood the valuable qualities that in health it takes from the air. Rheumatism, sciatica and numerous other complants are likely to supervene.

Mental Effects of Disease

More distressing than the physical derangements to which disease gives rise are those of the mind. It is intended by Nature that we should enjoy life, overcome difficulties, gain courage and an equable temper from experience, and make all things contribute in one way or another to the pleasure of living. Life is a ceaseless struggle against circumstances and conditions militating against happiness, but it is intended that we should be able to meet and overcome all these and turn them to advantage. If we lack the strength to do so we shall be unhappy to the extent to which strength is lacking. It is impossible for an unhealthy woman to be really happy. It is impossible for her to enjoy life as she should.

As a matter of fact, we all know that afflicted women are beset by numerous worries. Things that cause others no uneasiness are formidable to them. They find the ordinary tasks and crosses of life, so useful to healthy persons in developing strength and character, and thus in the end contributing to the sum of happiness, taking all the sweetness out of life.

Great Power of Impressions

Countless women have given up and died merely because physicians had told them that their diseases were incurable—diseases that would have indubitably yielded to the Viavi system of treatment. The reputation of the Viavi system of treatment was laid in the curing of otherwise hopeless cases, in which the sufferers had lost all faith in every kind of treatment, after suffering many years of torture under the various treatments to which they were subjected. They adopted Viavi not because they had the slightest faith in it, but merely to give it a chance if there was any. No faith in the efficacy of the treatment is required—all that is needed is a faithful following of the instructions given. The treatment enables Nature to make such changes in the entire organism as to remove the depressing mental burdens that add so much to the power of the disease. The mind grows stronger, and the crosses of life gradually lose their irritating force. In other words, the nervous system is slowly being brought to a condition of health, and thus everything else begins to do its work naturally. A hopeful, clear, cheerful mind is the natural one.

A Rational Basis of Cure

There is nothing vague, intangible or supernatural connected with the use of the Viavi system of treatment. There is nothing in it that appeals to anything but the

hardest kind of common sense in a woman, and that is the very kind of which she is most in need when she is suffering. That is the kind that will make her understand herself and her disease, its causes, cure and prevention. It is strictly a practical, scientific treatment, based on simple natural laws easily understood and obeyed. Everything connected with it tends to bring women into a closer relationship with Nature and Nature's God. Its teachings lay the foundation for rational adhesion to any religion that may most strongly appeal to her. They enable her to understand the injunctions of religion and draw the highest consolation from their observance. From Viavi teachings she learns that intelligent living and the securing and preservation of health are essential elements of all desires and efforts to obey divine laws.

CHAPTER XXIII.

SIMPLE KNOWLEDGE.

MUCH of the space in the chapters immediately following will be devoted to a description of the diseases of women, besides their causes and treatment. Descriptions of the diseases will be given, not because they are essential in the use of the Viavi system of treatment, but because they are deeply interesting and instructive, and add to a woman's knowledge, strength and usefulness. The Viavi movement appeals to the intelligence and conscience of women, and hence it furnishes the information upon which intelligence and the wise exercise of conscience are based. At the same time, it is neither desired, nor is it necessary, that any task should be laid upon women. It would be a misrepresentation of the Viavi movement, and a defeat of its purpose, to create the impression that anything whatever of a difficult or formidable nature exists anywhere within its aims and practical working.

The thoughtful reader will have seen that in the subjects already treated the most helpful common-sense ideas have been put forth, and that they have been expressed in the simplest, clearest manner possible. In the semi-technical subjects that will be discussed in following chapters, the same course will be pursued; and while, as we have said, an understanding of them is not essential to the success of the Viavi system of treatment, we are confident that they will be found so interesting that every woman will be irresistibly inclined to study and understand them.

Illness Produces Weakness

It is fully realized that women suffering with the diseases peculiar to them are already sufficiently burdened. The whole aim of the Viavi system of treatment is to assist Nature to relieve this burden, not increase it. The details of the treatment itself are so simple, so pleasant, so easily carried out and bring so much comfort and satisfaction, that no matter how much a woman may be suffering, she will deem it no burden upon her. The value of knowledge concerning the character of the disease lies in the fact that the sufferer is enabled by it to understand what the treatment is accomplishing in her case, as this leads

to its more intelligent and persistent use, and prevents discouragement in cases where Nature, having so much to overcome, takes considerable time in establishing health. Nothing could be more beneficial to a woman who has been weakened by disease and suffering than a strengthening of the will. It is true that the Viavi system of treatment, in its gradual process of restoring health naturally, will bring the strength of mind and will that come with improving physical health, but if this strength can be imparted directly, as it is by an understanding of the causes and nature of disease and the operation of natural laws in overcoming it, the progress toward health will be more rapid. That is why the information contained in the following chapters is given.

The Simplicity of Knowledge

All the greatest and most useful knowledge is simple and easily understood. Nature has been too wise to place before us any problems affecting our welfare that are not easy to learn. The problems of health and disease are merely part of the problems of life that we must solve in order to live useful and happy lives. Although we are denied the instinct that enables the lower animals to live wisely and enjoy health, we have been given intelligence, which is infinitely higher and more useful. It was never a part of nature's scheme that any set of human beings should seek to monopolize the knowledge that enables us to live wisely and happily. He who assumes that only his wisdom and discretion may be safely trusted with the knowledge of how we should live, is not a friend to humanity. Viavi advocates, having solved some of the vital problems affecting the happiness of women and the world, desire that all should share the knowledge and enjoy the benefits.

To surround the laws of health—which include those of disease—with any sort of mystery, or to assume that they should be withheld from the common world, is but adding to the volume of disease and suffering. It will be found in studying the ensuing chapters how simple and fascinating the problems are, and how easily amenable disease is to intelligent treatment. With some the treatment of the diseases of women is strictly analogous to the methods of the Indian medicine men, the only difference being that with the latter the mystery is deepened by incantations and other mummeries. The true physician is frank, open, considerate.

Instinctive Love of Knowledge

That a study of natural laws and their bearing upon health and disease is instinctively desired is shown in the fascination that the study of physiology in the schools has for children, and in the eagerness with which a young girl listens to the great truths of her being when imparted to her by a wise and thoughtful mother. Adults are but children grown up, and the study has an equal fascination for them when once they are started. The sole reason why the diseases of women are not more generally understood is that a most unwise and hurtful

influence has been exerted to make them believe both that women have not the mental ability to grasp these subjects, and that it is indelicate to study them. The evils of this are seen in the millions of women who lead wretched lives and sap the foundation of social and national health and purity.

Different Kinds of Women

Some women may say: "If the Viavi treatment is good for the diseases of women, why should I trouble myself to study all these matters? They are dry and uninteresting, and I see no reason why I should bother with them. All that I want is to get well; that is what I want the Viavi treatment for, and that is all I care about."

On the other hand, there are many who can appreciate the advantage of a knowledge of the origin of disease, particularly as such knowledge involves the ability to avoid, after a cure has been obtained, the causes that produce disease.

There are still others who have an instinctive thirst for knowledge for its own sake, who enjoy its acquisition and take pride in its possession.

The Viavi system of treatment meets the wants of all of these. It does not require knowledge at the hands of those who have no desire to possess it, as it will enable Nature to set up processes that will bring about a cure without the possession of any knowledge of the subject. All of the vital processes of our economy are carried on by Nature without any directing knowledge on our part, and she operates in exactly the same manner in curing disease with the aid of the Viavi system of treatment.

It is nevertheless more or less helpful that the truths set forth in succeeding chapters be learned, for besides being eminently useful, they will be found to be exceedingly interesting. The treatment for each disease will be found in the chapter devoted to it, and special hygienic aids to the treatment will be found in the latter part of the volume, with references to them throughout the text.

CHAPTER XXIV.

THE NERVOUS SYSTEM.

NO other part of the body is involved in so much obscurity as the nervous system, and concerning none other is there so much popular ignorance. Its broader principles are well known, and an understanding of them serves as a guide to intelligent living, and to the happiest results in the treatment of disease. It is unnecessary to give an intricate explanation on the subject, but it is advisable to give a clear outline of it, in order that the origin of symptoms otherwise inexplicable may be understood, and the value of the Viavi system of treatment in enabling Nature to overcome them appreciated.

The nervous system has two great divisions—first, the cerebro-spinal system, contained in the cavities of the skull and spine, and governing the higher mental faculties, emotions, impulses, sensations and impressions; second, the sympathetic system, supervising the nutrition.

The Cerebro-Spinal System

The great center of the cerebro-spinal system is the brain. It is composed of gray nerve cells, whose function is to originate nerve force, and white nerve fibers, whose function is to convey impressions to the gray cells and impulses from them. The gray cells are in the cortex, or outer part, of the brain, in several layers, like the bark of a tree. The brain substance is wrinkled into folds, called convolutions; the gray cells follow these convolutions, dipping down into the creases between them. This ingenious arrangement affords more room for the cells than if the surface of the brain were smooth, and prevents the necessity of a larger head to accommodate them.

A white nerve fiber arises in each of these minute gray cells, which are so small that they can be seen only with the aid of a powerful microscope. These fibers, existing in countless numbers, compose the mass of white matter in the brain, and constitute all of the brain except the outer layers and groups of gray cells. The business of the cells is to originate impulses and ideas, that of the fibers to transmit them. Each fiber has a particular impulse or impression to convey, and no other. Fibers of like function are gathered together in strands as they pass from the brain into the spinal cord. From the cord they

pass out to the various parts of the body. Some of these fibers are continuous from the brain to their terminals. Others are interrupted by bunches of cells, called centers. The first-named variety may be illustrated by telephone wires running directly from the central station to the houses of patrons; the second by wires that pass through relay batteries at sub-stations.

The Arrangement of Cells

Cells of like function are arranged together in the cortex of the brain. For instance, those having to do with the higher mental faculties, such as ideas, emotions, volition, etc., are situated in the front part of the brain (the forehead), while those controlling the movements of the tongue, face, hands, arms, legs and feet are situated in the middle and side regions of the brain. Those having to do with the sensations of pain, touch and temperature are on the side of the brain, just above the ear; the area of speech is immediately in front of the ear, behind that is the area of hearing, and behind that the area of smell and taste. The back of the head covers the area of sight. Lower, where the head joins the neck, is the area governing the co-ordinate movements of the body, enabling us to stand or walk properly. It is supposed that this part of the brain has to do with the uterine organs, as diseases of those organs produce pain there.

There are really two brains in the skull, one occupying the right half of the skull cavity and the other the left. The fibers from these cross on their way to the body, so that the right brain governs the left side of the body, and the left brain the right. These brains are connected by what are called commissural fibers, which enable the two to work together in producing unison of action in the two sides of the body.

The brain and the spinal cord are covered with membranes, the one nearest them supplying them with nourishment by carrying their blood supply.

Motor and Sensory Nerves

The nerves running from the cells and regulating the movements of the body are called motor, or efferent (outgoing), nerves. Sensations from all parts of the body, such as seeing, hearing, tasting, smelling, hunger, pain, heat, cold, etc., are carried to the cells over fibers called the sensory, or afferent (ingoing), nerves.

The spinal cord is beautifully and systematically arranged. The fibers occupying its back and sides are the sensory nerves, while the motor nerves occupy the front. The spine is composed of segments of bone called vertebræ, arranged in a column, and the segments are separated by cartilage. (The spinal column and cord will be more fully described in the next chapter.) Through openings in the bones, called the vertebral foramina, the nerves and blood vessels pass in and out, the motor nerves in front and the sensory nerves

at the back. Before leaving the spinal canal they unite in one sheath and proceed together to the various parts of the body for which they are destined.

How the Nerves Operate

We may illustrate the action of the nerves by lightly pricking the end of the finger with a pin. The injury thus done, however slight, rouses the activity of one or more sensory nerves, which immediately convey to the brain, and there record, the sensation originating in the finger. The brain weighs the sensation, and then causes a motor impulse to be sent out over the motor nerves governing the conduct of the arm, hand and finger; these nerves stimulate the muscles in such a way as to cause them to contract, and by this contraction the finger is withdrawn from the pin-point. Hence a circuit has been established from the finger, over the sensory nerves to the brain and back to the finger over the motor nerves, the area of sensation in the brain being connected with the motor area by fibers.

How the System Is Fed

All the cells and nerves have to be fed and sustained the same as all other parts of the body. Hence there are nerves whose business it is to keep all the cells and nerves supplied with nutriment by bringing the blood in contact with them through the circulation. Each kind of cell selects from the blood the particular kind of nutriment that it needs for the work it has to do. The energy thus drawn from the blood enables one set of cells to think, another to move the feet, another to experience joy, another to suffer sorrow, another to detect the slightest variation in musical tones, another to enjoy the delightful odor of flowers, another to preserve our lives by rejecting food that has the slightest odor of decay or disease. It is from these cells in the brain that all ideas and impulses spring—love and hatred, pride and ambition, plans of battles, the discovery of worlds, the growth of mercantile enterprises, little acts of kindness, great deeds of philanthropy, the first desire of the babe to investigate its thumb. Every act done, every word spoken, originates here, the most wonderful and complex part of man. The rest of the body is more or less mechanical and chemical. The brain approaches the Divine.

Power Comes from the Blood

As all the power of the cells and nerves comes from the blood, the character of that power must depend on the quality of the blood and the manner of its circulation. We cannot expect to grow figs on thistles, nor can we expect that the thoughts will be pure and the functions of the organs healthy if the cells are fed on impure food. Poisonous matter is taken up by the blood from diseased parts of the body, and as all of it cannot be thrown out by the lungs, some must be carried to the cells and form part of their nourishment. It is impossible to have a sound brain and well-ordered mind, thoughts and impulses under such

conditions; and it is equally impossible for the vital functions of the body to perform their serious work perfectly. Life must be impaired both in its higher and its lower levels.

The Sympathetic System

The sympathetic, or organic, system is composed of chains of knots or nerve ganglia connected by nerve fibers. This form of nervous system, though much lower and having much more limited powers and functions, is the kind, and the only kind, that plants have; they are denied the cerebro-spinal system, which distinguishes animals and which makes animals a so much higher type of living things than plants. Human beings are still higher, partly because their brains are furnished with a greater number of gray cells.

The sympathetic system is first found in the spinal column, along its sides and front. The right and left chains of ganglia are connected by fibers running across the spinal column. These ganglia, or knots, of nerve cells extend the entire length of the back, and there are three main centers of them —one high in the thorax, or bony frame of the chest; one behind the stomach, in the abdomen; and one, the largest of all, in the pelvic cavity. From these centers nerve fibers run to and along the blood vessels throughout the entire body, following them to the minuest capillaries, and into the brain substance itself.

The function of these sympathetic nerves is to dilate and contract the blood vessels, and hence they are known as the vaso-motor nerves—literally, vessel-moving nerves. Branches of them control the action of the arteries in every part of the body, thus regulating the blood supply, or the circulation, in the heart, lungs, stomach, intestines, liver, spleen, uterine organs, etc. The last-named organs have an abundant supply of these nerves, because they are so abundantly furnished with blood vessels.

Remote Symptoms Explained

All the parts of the sympathetic system are so intimately connected with one another, that no sooner does a congestion or an inflammation arise in the uterine organs than the sensation which it produces passes through both the sympathetic and the sensory systems of nerves to the adjacent parts of the body, and affect that area in the brain which governs these organs. The direct effect upon the sympathetic system of a congestion occurring here is to disturb the circulation throughout the entire body, at first affecting that in the parts contiguous to the organs. The great ganglion of the sympathetic system, the solar plexus, situated behind the stomach, is immediately disturbed, and its branches ramifying the tissues of the liver, spine, intestines and stomach give notice to them of the disturbance in the uterine organs. Thus it is that so many and so varied disturbances arise from the uterine organs, for it must be remembered that the fibers from the plexus in the thorax are intimately connected with the

heart and lungs; thus we can understand the symptoms arising in the heart, stomach and bowels from uterine diseases, and how they are removed. We can do so because the use of the Viavi system of treatment having assisted Nature to remove from the uterine organs the cause that produced these symptoms, the symptoms disappear. To treat these symptoms directly, as is often done, is merely to inflict additional injury.

Injury Done to the Brain

We have seen how the intimate connection of all parts of the sympathetic system gives rise to symptoms due to disturbance of that system. In addition to this are the sensory nerves passing from the uterine organs to the spinal cord, and thence to the brain. Diseases of the uterine organs affect the sensory system of nerves centering in those organs. The sensations are pain and distress. They are transmitted to the brain centers governing the uterine organs, and by reason of the connection existing among all parts of the brain, affect it in its entirety, including those of its functions having to do with the higher faculties.

Where the sensations from the diseased uterine organs are continually or with frequent recurrence transmitted through the centers in the spinal cord, those centers become irritated, congested and inflamed, and they in turn giving forth the sensation which we call backache. If we go higher, to the sensory area in the brain, we find that the cells are constantly transmitting to the higher centers a knowledge of the condition in the uterine organs, and that they in turn become weary and worn out, presenting such mental symptoms as loss of memory and self-control, impaired vision or hearing, or the perceptive, reflective or imaginative faculties are perturbed to a greater or less degree, depending upon the nature and extent of the disease in the uterine organs.

Effect Upon the Muscles

We have seen in previous chapters how inflammatory and diseased conditions are constantly pouring into the blood varying quantities and kinds of poisonous matter. As a result, the lungs have more purifying work than they are able to perform, and hence the impure matter not removed is carried to the nerves, the cells in the spinal cord and brain, and every nerve fiber in the body. In the first place, the power of the nervous force itself is reduced; in the second, the muscles, receiving impure blood through an impaired circulation, are not properly nourished. Hence they become soft and flabby, and lose the firmness and roundness so essential to beauty and activity. The patient becomes listless. The muscles lose their vigor. The brain becomes unable to formulate clear, strong ideas. Little by little the nervous system loses its integrity, and with that goes a loss of self-control. The slightest noise makes the sufferer start. Finally we are presented with the lamentable condition known as nervous prostration.

Cause of Nervous Prostration

Nervous prostration may come from an excessive consumption of nerve force through grief or overwork mentally, or from the constant irritation of pain which uses up the nervous force in its work of transmitting impressions of pain to the brain. Nervous prostration may come also from lack of nourishment of the brain and nervous system, and from poisoning by the impurities with which the blood is filled. All of these causes may and frequently do operate together in producing nervous prostration in women afflicted with a disease of the generative organs.

As the nervous system governs the supply of blood to every part of the body, including the brain and nervous system, it follows that when the nervous energy originating in the brain is exhausted, the blood supply throughout the entire body is reduced, congestions are more frequent and inflammation is more certain; and all this time the blood is not purified, there is a lowering of vital energy, and the system gradually falls into a condition of malnutrition.

How Disease Is Overcome

The nervous system might be explained more minutely, but sufficient has been said to show how sensations are carried from the organs or the surface of the body to the spinal cord and then to the brain, how these sensations affect the higher mental faculties, how continued and excessive sensation robs the nervous system of its force and vitality, thus rendering it unable to regulate the supply of blood to the various parts of the body, and hence how it comes that depletion, weakness, a dragged-out feeling, melancholia and despondency ensue. As the cause of the trouble is in the uterine organs, if the nervous system can receive help to enable it to become stronger it will in turn regulate the circulation and purification of the blood. Little by little the nervous system will be fed by better blood, with the result that while the disease is local, the conditions to which it gives rise extend throughout the entire system and are removed only when the local disease is cured. The Viavi system of treatment meets all these conditions. It not only assists Nature to cure the local disease, but by directly furnishing the nervous system with nutriment, it gives it the strength to overcome the disease and establish health by natural means.

Chapter XXV.

THE BACK.

THE spine, anatomically considered, is the most important part of the body, hence the frequent reference made to the spinal region in this volume in connection with the Viavi system of treatment. Its importance is never overlooked; its treatment never omitted.

The spine is a column composed of thirty-three short bones, called vertebræ; they are separated by tough cushions of cartilage. The seven upper bones constitute the cervical part of the column; the following twelve, the dorsal; then come five in the lumbar region, or small of the back; five more in the sacrum, and four in the coccyx The last named sections were described in former chapters, together with the promontory of the sacrum.

The Anatomy of the Spine

The spine supports the weight of the head, and connects the bones of the thorax, or chest, with those of the pelvis. It also forms a secure and safe bony canal for the spinal cord. The ribs are attached to it and thus given a basis of support. The normal curves of the spine are three in number, resembling an open letter S. The word "spine" comes from the Latin, "spina," a thorn, and the spine is so named because each of its vertebræ is provided with a sharp projection at the rear. These are called the spinal processes, and their purpose is to serve as points for the attachment of the powerful muscles of the back. These muscles maintain the body in an erect position. When normal, they prevent the spine from inclining to one side or the other, but preserve its vertical position. The spinal cord is contained in but does not entirely fill the spinal canal, which accommodates also the membrane that surrounds the cord, together with a connective tissue and a plexus of large vessels. The nerves of the entire body enter and pass into the spinal column through openings on their way to and from the brain. Owing to its curves and the large number of bones composing it, and to its discs of cartilage by which they are separated, shocks transmitted to it from various parts of the body are greatly lessened. The column is constantly liable to these shocks from walking, jumping, sitting down hard and from receiving falls, accidental blows on the head, etc.

From this brief description of the anatomy of the spinal column it will

be understood how necessary it is to the welfare of every living creature to possess a strong spinal column. Its muscles must be strong and elastic, to hold it in proper position. If it is abnormally bent, certain parts of the viscera are compressed and their functional activity is impaired. As all functional activity is directly under the control of the nervous system, a disturbance of function reported to the brain through the spinal cord produces spinal irritation to a greater or less degree.

The Back Must Be Strong

The metaphor, "plenty of backbone," expresses the universal conception of the value of a strong spine. Here we have the strength of the mind and spirit measured by that of the back. The metaphor implies the possession of courage and self-reliance. It will usually be found that those who are strong in mind and spirit have strong backs. If the back is not strong, the important and powerful muscles attached to it are unable to do their work properly in maintaining the proper position of the body; hence the innumerable nerves passing into and out of it are impaired by its displacement. The muscles of the spinal column have their special function to perform, which is normally to support the body in an upright position. If relieved of this important duty, by a corset, it at once weakens by having its work done for it. There is no way by which the legs or arms can become weakened, flabby and useless more quickly than by putting them at rest, and giving them no work to do. There is no means by which the spinal column can be weakened so greatly as by putting its muscles to rest by employing a corset to do its work. Many women "go all to pieces" the moment their stays are removed.

The use of the corset has been so universally condemned by thinking women that it will be unnecessary for us to dwell longer upon the subject, except to state that there is, perhaps, no habit of life nor article of dress that is responsible for so much sickness, suffering and pain as this modern garment of steel and bones.

The use of the Viavi system of treatment for spinal irritation has proved wonderfully successful. It has stood the crucial test of clinical experience for many years; that is the only proof of curative virtue. Spinal irritation may arise within or without the spinal column. When caused by a lack of blood supply or an anemic condition of the blood, it is known as spinal anemia. If there be an oversupply of blood we have spinal hyperemia. An abnormal condition of the blood supply within the spinal column can easily give rise to spinal irritability, which in time may lead to the most complicated disorders in this region. Understanding that both arteries and veins occupy this spinal canal, also that impeded circulation in either arteries or veins causes their caliber to enlarge greatly, it can be easily understood just how necessary it is that the circulation be normal, that there be no undue pressure.

Close Relation of All Parts

There is no such thing as complete independence of the nervous system. If one part of the body be affected, no matter how slightly, conditions are established that are felt and known through the entire system.

If the terminal end of a nerve or set of nerves be distributed to an inflamed or diseased part, constant irritation is transmitted through them to the centers in the spinal cord, and from these centers to the brain. The irritation of one center in the cord may be transmitted to another. For example: The uterine organs are inflamed, producing an irritation which we call backache, in the lumbar region; from here it may affect the next higher centers, in the dorsal region, or it may produce an irritation between the shoulder blades, or even still higher, in the neck; or the entire spine may become affected from its lower end to the base of the brain. The parts of the body supplied by nerves passing to and from these various centers may also exhibit symptoms of pain and distress. For instance, an irritation arising in the lumbar region from the uterine organs is often carried to the centers governing the stomach and other organs in the abdomen, or to the centers governing the lungs and heart, and frequently the patient is treated for heart or lung trouble, when the condition there manifest is nothing more nor less than a reflex trouble which arose in the uterine organs.

Again, we may have a diseased tissue in the stomach, and the sensations will be carried to the centers governing that organ in the spine, and thence to the brain. So it will be seen that irritation sent to the spine may pass to the brain, or to other nerve centers in the substance of the cord itself, and from these centers the irritation may be transmitted to the organs or parts of the body which they control. We endeavor to separate these things for the purpose of study, yet it is easily seen that it cannot be done in reality, and that each part of the body depends upon every other part of the system.

An irritation of the spinal column may produce pain in many parts of the body, but it is equally true that a diseased organ or part may, through its special nerve supply, also irritate the spinal cord in the regions above mentioned. Again this goes to show the necessity of treating the body as a whole instead of as a collection of independent parts or organs.

In spinal irritation we find pain at the nape of the neck; a sore or sensitive spot or spots in the spine, easily detected by pressure (sometimes the pain is superficial—near the surface—and at other times it is deep-seated); a continual burning sensation of a part or the whole length; extreme pain in the back just above or below the waist line, which aches like a tooth or as if it would break in two; pain in the back of the head; stiffness of the neck, etc. Remote but reflex pains from spinal irritation may also arise, such as dreadful headaches, insomnia, fainting, palpitation, or a sensation as if the heart turned over, black spots or streaks before the eyes (which may be sore upon

pressure), trembling of the body and limbs. Such patients are irritable and easily depressed, dizzy, and have cold extremities. There may be noises in the ears and inability to concentrate the mind.

Where the pain has localized itself in a certain region of the spine, the most cruel and inhuman treatments have been resorted to; such as cupping, blistering, cutting, burning with a red hot iron and the like, all equally unsuccessful. Where the spinal column becomes abnormally curved or bent, mechanical appliances are the only makeshifts at relief employed by ordinary methods.

We deem it unnecessary to take up and describe each and every diseased condition to which the spinal column is liable. We have but one object in view when treating this region, as elsewhere—to bring about a healthy reaction by giving to the nerves and tissues the nutrition by which a regeneration may be established.

In Curvature of the Spine

We wish particularly to speak of the use of braces, corsets, jackets and other mechanical appliances, which in incurable conditions offer the only hope—and in others harm is done instead of good, as by such means the movements of the chest are impeded and an artificial support is given to the column in place of the muscular support which it is our one great desire to develop. When done sufficiently early the massaging of the spinal region with the Viavi cerate has so strengthened the muscular supports of the spine that curvature, even when marked, has been corrected. A little girl of seven years, a child of wealthy parents, was brought to us for treatment four years ago. There was a marked curvature in the upper part of the dorsal region, the convexity to the right side. During a period of six months we saw the child twice, and a marked improvement was perceptible each time. About one year from the time we first saw the child, the mother reported a perfect cure, and the child was attending dancing school.

Another remarkable cure was that of a young woman of twenty-five, who from curvature of the spine and uterine troubles was a confirmed invalid, being confined to her bed most of the time. Although little was expected in this case for the spinal curvature, magnificent results followed the treatment, which was very thorough, the massaging being done by one of our expert masseurs. The aim of every patron should be to treat the condition before it becomes incurable, the earlier, the better.

Cure of Spinal Irritation

As the time required for the cure is determined by the conditions present and by the amount of the Viavi cerate absorbed, the application of the cerate over the spinal region should be thorough. (See Cerate on Spine.)

When *insomnia* is a prominent symptom in spinal irritation, the cold

compress on the spine, following the cerate massage, will prove of great value as an adjunct to the treatment. (See Spinal Compress, Cold.) A cold spinal douche will answer the same purpose; it can be taken by the patient herself by attaching a rubber pipe to the cold-water faucet. This should be taken nightly. (See Spinal Douche, Cold).

The *Spinal Sun Bath* in conjunction with the use of the cerate is another means of strengthening the spinal column. The spinal sun bath can be used when the spine is so sensitive to the touch as to interfere with its thorough massaging. The cerate is to be rubbed over the spine, and the bare back then exposed to the warm rays of the sun. The rest of the body can be protected so that the patron will not chill. (See Spinal Sun Bath.)

It will be noticed that, independently of the diseased condition which exists, and for which the Viavi system of treatment is employed, the cerate over the region of the spine forms an essential part of the treatment, as we take into consideration the necessity of supplying the nervous system with the necessary material for its regeneration, the influence of which is felt in the most remote parts of the body.

Affections of the Coccyx

Pain in the coccygeal region (the extreme lower end of the spine) varies greatly in severity and character. It may be aggravated upon sitting down or rising, when straining at stool, exercising, or even during perfect rest. It may be of an inflammatory, neuralgic or rheumatic nature. It may originate from colds, riding horseback or cycling, from falls or blows, after instrumental delivery or tedious childbirth, or from a suppression of eruptions. The treatment is the same as that given for spinal irritation.

The Treatment of Paralysis

In paralysis of all parts of the body, the cerate over the spinal region forms the most important part of the treatment. It is also to be used over the affected parts. (See chapter on Cerate.) Among the many remarkable cures under the Viavi system of treatment was that of a girl thirteen years of age, who, while recovering from an attack of diphtheria, suddenly lost all power of locomotion. She had partial use of the arms, but none of the body from the waist to the feet. The daily use of the Viavi cerate in conjunction with the Viavi Brush Bath assisted Nature to entirely restore the usefulness of her whole body.

Another case was that of a child twenty-two months old, who had no more control of his legs than a new-born infant.

Another case was that of a child, born with one arm paralyzed. First she could use the arm fairly well, later she could hold her playthings, and finally there was no difference between the arms, except that the one formerly paralyzed was not quite so strong as the well arm.

Still another was the case of an old soldier, who suffered with paralysis

of the left leg from the hip to the foot, caused by a gunshot wound. This paralyzed part of his body, which was entirely devoid of sense and feeling since 1863, became as sensitive to the touch as other parts of his body. We deem this most remarkable on account of the long existence of the paralysis.

A complete restoration of function followed in the case of a woman who had gone on crutches for partial paralysis of the legs for twenty years; the cause was uterine displacement.

These are a few of the many cases that might be cited to show that, independently of the cause, these cases of complete or partial paralysis need not all be deemed incurable. The best results are obtained in the younger patients.

CHAPTER XXVI.

MENSTRUATION.

IN this chapter we shall discuss natural, or normal, menstruation; chapters immediately following will be devoted to the errors and anomalies of menstruation.

Menstruation is the flow of the menses, a periodical function of a woman's generative system, consisting of a bloody discharge from the uterus, recurring as a rule every four weeks, and continuing on an average four days. It begins with puberty and ends at the change of life, thus covering a period of about thirty-two years, though varying with races, climates and individuals; this period is known as the genital life. Menstruation is called by various names, such as "being unwell," "the periods," "turns," "courses," "flowers," "terms," "monthly sickness," "the reds," "menstrual flux," "troubles," "monthly illness," "the flow," "the catamenia" and "the monthly purification."

It Is a Natural Process

Menstruation is a natural function, necessary to a woman's organism during the child-bearing period. As menstruation is a normal function it is painless. If otherwise, an abnormal condition of some kind exists. Menstrual anomalies are of so frequent occurrence that this function is generally looked upon as a sickness and is commonly called by the laity and profession, "the monthly sickness." The importance of the regular and painless appearance of the menses cannot be too strongly impressed upon a woman's mind, not only for her own safety and well-being, but for the health and well-being of generations to come.

The Penalty of Negligence

If a woman does not thoroughly understand the entire generative function she is utterly unfit to assume the duties of wifehood or motherhood, for truly has it been said that "the fate of the Nation lies within the hollow of a woman's hand," which means that much depends upon the exercise of her intelligence and judgment. Few women do realize that if the monthly periods be permitted

to remain abnormal, independently of the nature of the abnormal condition, whether scanty, profuse, painful or suppressed, they will suffer the consequences sooner or later; that they are allowing their bodies, by neglect, daily to become more and more susceptible to invasion of all kinds of ailments and disease; that it will be only a question of time until one part after another will gradually give way; they will collapse, both physically and mentally; at the change of life, if not before, the penalty will be paid, whether in the form of tumors, cancers, insanity or death.

Dangers of Poor Menstruation

Another important fact that should not be lost sight of, in connection with menstruation, is that unless at puberty the generative organs develop fully, the menstrual function becomes a menace to health and life. A woman scarcely recovers from one menstrual sickness before another appears, causing chronic invalidism. As the generative organs constitute the grand center of a woman's economy, it is essential to perfect health that they be not only fully developed, but able to functionate regularly and painlessly, and be capable of disposing of the monthly congestion, as the alimentary tract disposes of fecal waste, the kidneys of urine, the lungs of carbon dioxide, etc.

If this function is impaired, functional and even organic troubles can and often do arise in the heart, head, lungs, kidneys, bladder, etc. There is no one part free from invasion of disease, through reflex disturbances arising in the genital tract.

Nervous System Involved

Menstruation depends largely upon the nervous system, the same as functional activity of other parts. It depends also upon the condition of the blood supply, but equally as much upon the fully developed and healthy condition of the entire generative tract.

The mother who fully understands what normal menstruation depends upon, and also how much in turn depends upon this function, realizes the great responsibility resting upon her shoulders. She is ever upon the alert. She sees to it that her growing girls come to full perfection, that they bloom into perfect womanhood without flaw or blemish. A fully developed woman may suffer from menstrual anomalies, brought about by disobeying the laws of Nature, but such a woman responds readily to rational treatment. The woman who has been left to come up in a haphazard way, who has been permitted to take the most desperate risks early in life through ignorance, will not be so fortunate. The hand or foot that is fully developed will serve the body much better than a member that has been stunted in growth. The same rule holds good in the generative tract, but with much more force, as its functions are so essential to a woman, so vitally associated with everything that makes her a woman.

It Is a Monthly Purification

The average woman looks upon the menses as a flow of blood from the vaginal orifice. It should be regarded as a bloody discharge of waste products from the whole body, its source being the lining membrane of the womb. It is a monthly purging of the entire vascular system. What healthy woman living but will testify that after a normal menstruation comes a sense of purification that is experienced at no other period of her life? The inconvenience of the menstrual period is more than compensated for by this exquisite sense of functional activity and bodily purification that follows.

Where the Flow Originates

As has been stated, the source of the menstrual discharge is the lining membrane of the womb, but before the flow can occur the epithelium, the thin layer that covers its surface, must be cast off. For this purpose a change in its texture takes place, and a fatty degeneration occurs, by which it is softened, as are also the terminal ends of the blood vessels or the capillaries within its substance. It is due to this change, which occurs several days before menstruation, that the thin covering of the lining membrane is pushed off, thus uncapping the vessels and permitting the menstrual discharge to escape. It may now be plainly seen how necessary it is that the blood supply be normal and that the organs be fully developed. But it will also be to a woman's interest to understand how the nervous system assists in establishing the monthly period.

Part Played by the Nerves

Nature has softened, loosened and broken up the tissues, so to speak, and awaits the action of the nervous system to establish the discharge. This is accomplished largely by the ovarian and uterine nerves, under whose influence a contraction of the muscular fibers of the womb, tubes, ovaries and ligaments occurs, thus retarding or preventing a return flow of the venous blood from these parts; hence the weakened terminal ends of the vessels are uncapped and the flow naturally occurs.

The function of menstruation will not seem complicated if we stop and consider that once a month an excessive quantity of blood is sent to the pelvic organs, that a fatty degeneration takes place in the uterine lining membrane, by which it becomes softened, and that under the influence of certain nerves a muscular contraction takes place, which pushes the blood into the vessels. As their terminal ends are weak, they rupture, or become uncapped, thus permitting the flow to pass away. Muscular contractions are constantly occurring in all parts of the body. Notice the frequent contractions of the heart, the lungs, the pupil of the eye; all of these depend upon the nervous system. If the heart or lungs become inflamed, these contractions are accompanied with severe pain, and so it is with the monthly contractions of the uterine organs, which are of vital importance in perfecting this function.

Natural Order Restored

When a woman realizes the systemic changes that occur, by which menstruation is established, she will then understand how to avoid disobeying the laws of Nature which will bring about sickness and suffering. She will understand, too, how she can, by assisting Nature, overcome existing menstrual difficulties, by using the Viavi capsules and cerate—understanding, meanwhile, that through the medium of the nerves and external, as well as internal, absorptive powers, Viavi is being carried to all parts of her body alike, that need renewing and rebuilding, and that the cure is progressing according to natural laws; that every part of her body is responding to the treatment; that as the nerves are being fed, menstruation is becoming normal; that as the circulation of the blood is being established, menstruation is becoming normal; that as the generative tract is being beneficially influenced by the treatment, menstruation is becoming normal. A woman should realize that it is not palliative measures at the period that cure, but curative measures employed between the periods that bring about permanent results.

Differences Among Women

Menstruation appears, as a rule, once every twenty-eight days, counting from the beginning of one period to that of the next, but every woman is a rule unto herself as to the recurrence and duration of her periods. A woman may be perfectly normal and menstruate thirteen, fourteen, fifteen and even sixteen times a year. These departures from the average do not indicate abnormality unless functional disturbances arise, and if so they demand immediate attention. If a woman menstruates every three weeks regularly and feels perfectly well, and has so menstruated from the beginning, it is evident that this time is peculiar to her.

The duration of the flow also greatly varies, lasting from two to eight days. It can be determined as normal or abnormal only by its effect upon the organism.

The quantity discharged at each flow varies in different individuals from four to eight ounces. The flow is more profuse in warm than in cold countries. Striking differences appear among women in this particular. We often see frail women who menstruate abundantly and who do not feel well unless they do, and robust women with naturally a very scant flow who become debilitated by a slight increase. In this particular, as in other features of menstruation, each woman is a law unto herself, and her individual peculiarities are natural unless they are accompanied with functional derangement, pain or weakness.

It is important for a woman to know what her natural peculiarity is in this regard, as it furnishes a basis upon which she can judge the state of her health. It is the changes in her own condition, and not what may happen to some other women, that concern her.

Composition of the Flow

The menstrual flow is a very complex fluid, being composed of blood, the mucous secretion of the uterus and the vagina, epithelia and other debris. At the commencement of the flow it is generally pink in color; at its height it resembles arterial blood, and as it ceases it gradually becomes rusty in color. It does not coagulate, as ordinary blood does, and has an odor peculiar to itself. The blood in it comes from the capillaries located in the fundus of the womb and the uterine end of the Fallopian tubes. The mucous is discharged from the proper vessels in the lower part of the body of the womb, its neck and the vagina. Its purpose seems to be to dilute the other constituents and make them flow more easily. The solid constituents are particles of the disintegrated lining of the uterus. The disintegration appears with every menstruation.

Complexity of Menstruation

When we realize what an exceedingly complex affair every menstruation is, we can understand the extreme importance of it and of perfect health in connection with it. It is by no means the simple affair that most women suppose it to be. Every force of the organism is concerned in the process. Every nerve is called upon to do its share of the work. When the period arrives, the brain centers having the matter in charge throw forward their forces by stimulating the many nerves reaching all the generative organs, to a performance of the various kinds of work assigned to them.

Disposition of the Lining

The disintegrated uterine lining that passes away with the flow is called the decidua menstrualis. If the ovum, or egg, has become impregnated, the brain centers become aware of the fact in some mysterious way, so that instead of requiring the uterus to cast off its lining, they order a different process. In such an event the lining is made to form itself into soft, velvety folds, which entirely fill the cavity of the womb, for the evident purpose of making a comfortable nest for the minute egg, which is not cast off as would be the case if the egg had not been impregnated. The decidua menstrualis now becomes the decidua vera, into which the impregnated egg is deposited, and in which it takes root and grows. There is no uncapping of the uterine capillaries, no blood escapes, and therefore there is no menstrual flow. Many other important things happen, but they are best considered under the head of pregnancy.

Great Force Is Expended

The forces involved in this monthly process are very great. The sensibilities of all the generative organs are quickened to a high point, partly from an unusual nerve stimulus sent from the brain, and partly from a greatly increased blood supply.

Even the ligaments supporting the womb, Fallopian tubes and ovaries take part in the general process, being considerably congested. The strain upon the generative organs is intense, and they require perfect health to bear it. If they have such health, they easily and painlessly bear the strain and are benefited by it, just as the stomach, when healthy, bears the strain of the work that it is required to do in digesting the food, and is made all the healthier and stronger by it.

After the change of life, when the generative organs have none of this work to do, they shrink, just as an arm will shrink if it is not permitted to work. The work required of the generative organs in menstruation is so various and must be done so nicely and precisely that derangement is not only easy to bring about, but produces serious disorders when it occurs.

The reverent mind cannot but marvel at the wisdom of Nature in doing all these things and doing them so well, if human folly does not interfere.

The lining membrane of the womb begins to re-form as soon as it is shed. When it is re-formed the uterine walls no longer contract and force the blood out of the capillaries. The glands emptying mucus into the generative tract cease their activity. A state of quietude comes over the entire generative system, and the menstruation is at an end for that time.

Meaning of the Function

After all this, it can be easily understood that menstruation is a natural function and therefore essential to the health of a woman during the natural time for its occurrence. It is the sign-manual of a woman's child-bearing capacity, the basis of her womanliness. To the extent that it is imperfect a woman lacks completeness as a woman, though she is none the less a woman when Nature, not surgery, withdraws the function from her. If a woman experiences any irregularity, pain or discomfort from menstruation, she should know that the very foundation of her womanhood and womanliness is menaced, and that every sense of duty should impel her to correct the error. The Viavi system of treatment offers a most welcome method for producing a perfect state of health in this regard.

The Diseases of Menstruation

As we have stated, menstruation is a perfectly natural function, and therefore it should be perfectly painless. Common experience, however, shows that it is rarely free from distress of one kind or another. Unless it is perfectly healthy and painless, a woman is unsound, and her vital forces are suffering a drain that will sooner or later tell heavily upon her whole economy.

Derangements of menstruation are so numerous and serious that they have distinct and formidable names. Among them are amenorrhea (absent menstruation); menorrhagia, or metrorrhagia (profuse and frequent menstruation); dysmenorrhea (painful menstruation), subdivided into congestive,

mechanical, ovarian and membranous dysmenorrhea; vicarious menstruation, and menstrual anomalies brought about by non-development. These will be treated under separate chapters, and something will be said also about one of the greatest of modern evils, curetting.

The One Natural Treatment

A glance at the three physical conditions upon which normal menstruation is based—the nervous system, the blood supply and the health of the generative organs—will show the peculiar fitness of the Viavi system of treatment assisting Nature to produce conditions upon which normal menstruation rests. As we have seen elsewhere, the treatment, being a food for the nerves, strengthens them for the performance of their duties. It supplies the blood with nutriment, and by strengthening the circulation assures an adequate blood supply to the generative organ. By accomplishing these things it places the organs in a condition of health, permitting nothing to exist that interferes with the healthy operation of the menstrual function. No other way has been discovered for treating menstrual difficulties with such success. On the contrary, the incredible number of women annually brought under the deadly influence of narcotics and stimulants to relieve them temporarily from the pains of abnormal menstruation, abundantly attest the failure of efforts hitherto to subdue this almost universal and destructive evil, and the need of a treatment that will restore to women their birthright of peace and strength.

CHAPTER XXVII.

ABSENT MENSTRUATION.

(AMENORRHEA.)

ABSENT menstruation (amenorrhea) is the absence of menstruation between puberty and the climacteric, not including the absence observable during pregnancy and nursing. The non-appearance of the menses at the proper time in the life of young girls may be due to numerous causes, which are discussed in a separate chapter. We are concerned here with amenorrhea after menstruation has been established and before it ceases in the natural course of events.

Complete amenorrhea is the total suppression of menstruation; comparative amenorrhea refers to occasional and irregular menstruation. Primary amenorrhea means the non-appearance of menstruation from the time of puberty; secondary amenorrhea is suppressed menstruation.

Under all circumstances amenorrhea is a very serious condition, and if neglected will lead to detrimental or fatal results.

Effects of Absent Menstruation

As was pointed out in the last preceding chapter, the menstrual flow should be looked upon as a monthly purging of the entire vascular system; hence a suppression of the flow from unnatural conditions causes the system to become stored with foreign, and therefore deleterious, matter.

Frequent and prominent results following suppression of menses are a breaking down of the lung tissue, an excessive accumulation of flesh, a dropsical condition and a general impairment of organic functional activity. It is exactly like damming a rivulet. The water will accumulate and form a pond. Some of the water escapes by percolation through the soil and some by evaporation; but if the supply is greater than the loss, the accumulation will be constant. The only way to stop it is either to dry up the spring feeding it, or to remove the dam. The use of the Viavi system of treatment contemplates the removal of the dam, as that is the natural way.

Of course, this increase of flesh is unnatural, and therefore the sufferer is unhealthy. She becomes languid; mental depression overtakes her; her

skin has a peculiar sallowness, and retains for some time indentations made with the finger; her digestion will likely suffer, for Nature makes every possible effort to cut off the food supply. Then some disease, such as consumption or Bright's disease, appears, and death ensues. Thereupon it is announced that the patient died of consumption, or whatever else was the immediate cause of her death, and the vital lesson that might have been learned from a statement of the fact that suppression of the menses really caused her death, has been lost.

When Woman Is Unsexed

Suppression of the menses by removal of the ovaries or uterus is generally followed by a great increase in the size of the victim, this often progressing to obesity so great that locomotion is almost impossible. Many distressing cases of this kind have appeared and been observed by Viavi representatives. One was that of a wealthy woman whose husband, under the advice of physicians, persuaded her to submit to an operation that unsexed her. She was told that she would be speedily restored to health and would become like a young girl. Within six months after the operation she had increased so enormously in size that a special chair had to be made for her use. After change of life a woman may gradually increase in size. This is natural. But when, during her genital life, she is prematurely called upon to give up menstruation, the equilibrium of the system is destroyed, and often an abnormal and prodigious increase of flesh is the result, and sometimes a growth of hair appears upon the face. This is interpreted to mean that Nature is thus using some of the nutriment that she intended should be lost with the menstrual flow, and that now must be taken care of in some other way. In addition to this hairy disfigurement—which, by the way is very likely to be present with women afflicted with scant, irregular or suppressed menstruation—the voice loses its natural musical smoothness and softness and the bearing its gentler graces.

These facts are mentioned to show the vital relation of healthy menstruation to everything that makes for a woman's happiness and womanliness. No more urgent duty can rest upon every woman than to see that her menstruation is perfectly normal. The Viavi system of treatment offers the most intelligent method for bringing about perfectly healthy conditions, by perfectly natural means, in this vital regard.

Causes Producing Amenorrhea

Suppression of the menses (amenorrhea) is brought on by various conditions. Menstruation is a reflex act—that is, it is the result of a number of forces and conditions acting in harmony. The destruction of this harmony impairs or destroys the function. The nervous system must be in good order, the blood must be healthy, the circulation must be perfect, and the generative organs must be

sound. If there is serious nervous depletion of a general kind, suppression is likely. Thus, it may follow any serious acute disease, such as typhoid fever, and may not be re-established until the nervous system has regained its normal status. A violent nervous shock, such as fright, grief or anxiety, may temporarily suspend the function. A serious derangement of the digestive system may cause it. It is often found with pulmonary consumption, and is produced by the anemia that follows fevers, pneumonia, Bright's disease, diabetes, alcoholism, morphinism, cancerous or malarial conditions, or chronic inflammation of the generative organs. Some women suppress menstruation solely by nervous apprehension that it will not appear after they have misconducted themselves, when there is no natural reason why the menses should not appear. Prisoners and insane women are often victims. Cystic degeneration in the ovaries, tumors of the uterus, displacement of the generative organs by adhesions from peritonitis, flexions of the womb, enlargement and hardening of the uterus following pregnancy, are all causes of suppression (amenorrhea), Sometimes a change of climate produces it, as is often seen in immigrants. Radical changes in the mode of living may bring it on. Taking cold during the menstrual period is a very prolific cause, and this is done mostly by cold bathing, permitting the feet to remain wet, sitting or lying in a cold air current, cooling off quickly after dancing or other vigorous exercise, sitting on cold stone steps, and even changing the linen. If intelligent attention is not paid to the evacuation of the bowels and bladder, the suspension may occur.

Almost innumerable cases of suppression and its serious results have come under the notice of Viavi representatives. One was that of a young girl who had suffered suppression from getting her feet wet. Her condition gave rise to excruciating pains in her legs and feet, she was treated for rheumatism. Severe heart pains appeared, inducing unconsciousness; she was treated for heart trouble. Her nervous system, and consequently her mind, were so seriously affected that at times she would become delirious and tear the bed clothing to shreds; she was given heavy anodynes to quiet her. After a small fortune had been spent on her case without avail, she was brought under the Viavi system of treatment. By the aid of this means the congestion was removed, the menses were re-established, and all the reflex symptoms disappeared.

Suppression and Pregnancy

Pregnancy usually stops menstruation, but there are exceptions. It is not always possible to distinguish pregnancy from suppression (amenorrhea), though the indications, in a condition of perfect health, are very different. Pregnancy will be discussed in a separate chapter. As it is a natural condition, and suppression (amenorrhea) an unnatural one, we should expect great differences in the symptoms apart from the suppression, and these we generally find.

In suppression we generally find headache, particularly on the top or side of head; heaviness of the feet; dyspepsia; lassitude; drowsiness in the daytime; dropsical conditions; palpitation of the heart, bleeding at the nose, swelling of the veins of the legs. In addition are the constitutional signs upon which the whole disturbance rests as a basis. We can easily understand the meaning of all these conditions. The drowsiness comes from an impure condition of the blood affecting the brain; the nose bleeding is evidence of Nature's effort to get rid of some of the blood that should have escaped in the natural way; the distension of the veins of the legs shows a superabundance of fluid in the system, and the inability of the valves in the blood vessels there to keep the blood from settling.

Restoration of the Flow

As the body is an exceedingly complex organization, and as the forces operating in menstruation are highly complicated, it is evident that in treating suppression (amenorrhea) very broad ground has to be taken. In the chapter devoted to inflammation of the womb, and in the chapter on curretting, attention will be paid to some the causes of suppression (amenorrhea) and to its irrational treatment. It is desired to make the point here that a treatment which confines itself to local conditions—as, for instance, the inability of the womb to cast off its lining in menstruation—is disastrously incomplete and shortsighted, and therefore injurious, and that all of the complicated conditions involved in menstruation have to be considered and dealt with, if thorough and permanent results are sought. There is no such thing as a simple and isolated condition producing any of the derangements of menstruation. However simple and restricted the cause may seem, we may be sure that there are other and remoter causes behind it, and that it is our duty to remove them. We must put the entire nervous system in perfect order; we must feed the blood and strengthen the circulation; we must give intelligent heed to the local condition of each and all of the organs of generation, for all of them are involved, directly or indirectly, in the act of menstruation. Such are the principles involved in the Viavi system of treatment for suppression (amenorrhea), and its remarkable success in overcoming this dangerous and common malady are a sufficient attestation of its incomparable value.

Natural Conditions Restored

All the organs and functions of the body are bound in one grand scheme of harmonious action; hence disturbance in one particular is not an isolated condition, but represents a general disturbance to a greater or less degree. In suppression (amenorrhea) the uterus may be easily made to bleed, but that is not menstruation. The logic of the Viavi system of treatment keeps this fundamental object in view; to restore the normal physiological balance, and to equalize waste and repair. To this end it is necessary to place all the organs in a

healthy condition, that their functions may be normal. The activity of the eliminative functions of the skin, kidneys, bowels and liver must be brought up to the natural level. The character and energy of the general circulation must be improved, by rational means. Regeneration of the nervous forces by sufficient sleep resulting from a sound condition of the nerves must be assured. The intelligence of the sufferer must be roused to the exercise of due caution on the score of sufficient and sensible clothing and food. With the reconstruction of the general health through the medium of the Viavi system of treatment the menses will return, but it is required that the treatment, including the Viavi preparations and hygienic measures, be employed faithfully and for a sufficient length of time.

Treatment for Suppression

The forms of the Viavi remedies which as a rule are indicated in suppression (amenorrhea), are the Viavi capsules, cerate and Royal, and if the bowels are sluggish, the laxative is indicated. If the rectum is implicated, the use of the Viavi rectal suppositories in conjunction with the other treatment and with the proper hygienic measures is required, in which cases individual advice will be given upon receipt of the patron's health statement by the nearest Viavi Hygienic Department.

Every night, just before retiring, a vaginal douche in a reclining position should be taken. This will greatly aid the absorption of the Viavi capsules, and thereby hasten the cure. One moderately warm douche a day is sufficient, unless a profuse leucorrheal discharge is present, when a douche night and morning should be taken. After the evening douche a capsule should be placed in the vagina as high as can be conveniently reached, but no attempt should be made to force or introduce the capsule into the mouth of the womb, as placing any substance within the cavity of the uterus is directly against the laws of Nature, a fact shown by the contractions and labor-like expulsive pains that are induced by the introduction of any foreign substance within the uterine cavity. When the menses appear, the douche and the use of the capsule should be suspended. If the flow continues over four days, the use of the capsules should be resumed per rectum until the cessation of the flow, when it may again be used per vagina.

The use of the Viavi cerate, daily, over the region of the spine in a thorough way, is a part of the Viavi system of treatment in establishing the menses, the nervous system, as explained in the last preceding chapter, largely governing this function. It must be kept in mind that the nerves of the entire body enter the spinal column on their way to the brain; hence the whole nervous system becomes easy of curative access under the Viavi system of treatment. Before applying the cerate, the surface should be sponged off with a little warm vinegar and water to cleanse the pores of the skin and promote

absorption. Two parts of water to one of vinegar or acetic acid should be used. An assistant should be employed where a thorough massaging of the cerate over the region of the spine is necessary, but where the patron is obliged to apply the cerate herself, it can be done in a thorough way over the lower part of the spinal column or back, only by placing the cerate upon the back of the hand instead of the palm.

The use of the hot (see Hot Compress) or cold compress (see Cold Compress) over the region of the abdomen is one of the most beneficial hygienic adjuncts in the Viavi system of treatment. Whether the hot or cold compress is to be used will be determined by the Hygienic Department that receives the patron's health statement, but as a rule the hot compress is employed twice a week. The compresses should be followed up by a thorough application of the cerate, always remembering that it will be from the quantity of cerate absorbed that the beneficial results will be obtained, and not from the quantity applied. The cerate is to be used daily, in a thorough manner, applying it with an upward and downward stroke on the spine and circular movement on the abdomen. A very easy and non-fatiguing way to apply the cerate will be after the patron has retired at night (see Reclining Abdominal Massage). The pendant abdominal massage (see Pendant Abdominal Massage) is perhaps the most efficacious of all hygienic aids in conjunction with the Viavi system of treatment.

Where the bowels are sluggish, they should be assisted by the use of the Viavi laxative. The laxative is not to be used in great quantities at once, but in small quantities, regularly and continuously, until the peristaltic movement of the bowels is normally established. The peculiar properties and action of the Viavi laxative are set forth elsewhere in this volume.

It will be inferred from these directions that the Viavi system of treatment for suppression of the menses (amenorrhea) is both constitutional and local, and that it meets all the complex conditions involved in the trouble. The system is fed with the needed wholesome nerve and tissue food, the blood is enriched and the circulation strengthened, while the weakness of the alimentary tract is overcome. The system, being thus put in a sound condition, is enabled to perform its functions naturally, and a return of the menses is the result. In this process there is no forcing. Nature is simply assisted and enabled to do her work.

Patience and Time Required

Menstruation may not be restored for some time after beginning the Viavi system of treatment, but the sufferer may be assured, beyond all doubt, that important benefits are being secured, and that the menstrual flow will appear at the proper time. To force it, as is the common practice, would be exceedingly unwise and is invariably injurious. Nature knows best. The delay repre-

sents no harm; it merely calls for a little more patience on the part of the sufferer, but her reward in the end will justify every effort that she may make.

Well ventilated sleeping apartments, exposed to the sun's rays, with judicious exercise in the open air, either walking, riding or playing tennis or croquet, but never to the point of exhaustion, and plain, nutritious food, perfectly regular habits, early retiring and abundant sleep, will greatly hasten the cure. It is exceedingly important that at the time when the period should appear the sufferer should take absolute rest, thus relaxing the system and giving the recuperative forces full play. Milk and cocoa are the best drinks; tea and coffee are sometimes positively injurious, particularly the former. The great object is to develop robust health by inviting Nature to do her work, and giving her the opportunity. This is what the Viavi system of treatment assists Nature to accomplish. It gives Nature material with which to work, and in good time—as soon as it is proper—she will see to it that the menses return, without resort to artificial means. Relief thus brought will be permanent, provided a modicum of wisdom be employed in living afterward. There is no torture in this simple, practical, natural treatment, no exposure in examinations; it is taken in the privacy of the home, with conveniences that every home possesses.

CHAPTER XXVIII.

PAINFUL MENSTRUATION.

(DYSMENORRHEA.)

NEARLY all women suffer pain or unnatural distress from menstruation at some time of their lives, and generally with every menstruation, and this suffering invariably indicates a diseased condition and represents a steady and cumulative drain upon the vital forces. Every pain suffered in menstruation takes a definite value out of life. Every moment of suffering at that time is sapping youth and vitality to a certain extent, hastening old age, depleting the mind of its higher and stronger qualities, weakening the hold upon the finer things of life, impoverishing the spirit, sapping the sufferer's womanliness, and lowering her capacity for wifehood and motherhood. Not one woman in a thousand realizes these truths. Aside from the Viavi movement there is no educational and uplifting influence to lead her to a true understanding of her condition and the burdens that she is inviting, and outside it no remedy exists for her affliction. Most women take it for granted that they should suffer at this time, either physically or mentally, not reflecting that as menstruation is a natural function it should be painless, that pain is evidence of disease, and that disease is steadily and mercilessly sapping her life.

Different Forms of Distress

Suffering during menstruation has numerous manifestations, and all of them point to an abnormal condition. With some the pains occur before the flow begins, and disappear when it is established. With others the pain extends through the second day of the flow. In other cases it continues throughout the period. In others the first two painful days are followed by complete relief for a time, with a resumption of pain toward the close. With some the pain comes suddenly with the flow and extends through the whole period, gradually lessening toward the close. Some women suffer pain only when moving about, and are relieved upon lying down. Again, some have pains every second month, but none at the alternate periods.

The seat of the pain varies greatly in different women. It may be present in any or every part of the abdomen and pelvic cavity, with or without backache or headache. In severe cases it extends down one or both legs, or up to the waist, and even to the armpits.

Intermenstrual dysmenorrhea is that in which pain is felt between the periods. It is not often encountered, and is usually difficult to treat.

In some cases violent pains immediately preceding the period are relieved by a gush of blood from the vagina. Then comes a period of comparative relief, followed, in a few minutes or an hour or two, by another paroxysm. These paroxysms are often so severe that the patient writhes in agony and is often insane for a short time. This is seen in many cases of uterine flexions—when the womb is bent. The passing of the flow through the closure produced by the flexion causes the pain.

Several kinds of pain may exist in the same case, showing that the same patient may have several kinds of painful menstruation (dysmenorrhea), just as one person may have several kinds of headache.

Like leucorrhea, these abnormalities of menstruation are a symptom, not a disease.

Nervous Troubles Arising

There are often nervous and mental disturbances of a serious order accompanying painful menstruation. The general nervous disturbance may affect the digestion or circulation, or the healthy action of the bowels or bladder. The mental condition is often most distressing. Irritability is exceedingly common; there is often a desire to withdraw from all human association, and brood alone over imaginary troubles. It is at this time that the blues are most likely to afflict the sufferer, and this is merely a form of melancholia, which in turn is a sort of mental derangement. Among the female inmates of lunatic asylums there is likely to be a marked increase of mania at these periods. It is at such times that women whose mental integrity has been shaken by disease are apt to do the desperate things that send them to lunatic asylums, such as the killing of their children. Suicide among women is commonest during the menstrual period.

A great many cases of this kind could be cited. One was that of a woman whose periods of suppression of the menses at times extended over a year. As a result she had been twice an inmate of an insane asylum. Her mental affliction entirely disappeared after her menstrual troubles had been cured by the adoption of the Viavi system of treatment.

Why Disturbance Is Serious

We can understand why physical and mental disturbances are so serious during the menstrual period in the absence of perfect health by recalling the intimate nervous connection of the generative organs with the brain. Not one, but all,

of the organs are involved in any irregularity of menstruation, and hence the entire nervous system of these organs is eating into the soundness of the entire nervous system of the body. Pain from disease (which is very different from pain arising from Nature's efforts to eradicate disease) drains the recuperative powers of their strength, and unless these powers are kept up to their full strength, there must be deterioration of mental and physical forces. Pain from disease is destructive of rest and sleep, without which the proper action of the recuperative forces is impossible.

The use of sedatives, opiates and the like necessarily aggravates the evil by lowering the nervous vitality and crippling its ability to combat the disease. Stimulants have an equally injurious effect of another kind—they unduly quicken the action of the heart and aggravate congestion. Evidently the rational treatment is to establish a normal condition throughout the system by natural means, so that the system itself shall be enabled to throw off the disease. Such is the action of the Viavi system of treatment. Instead of deadening or overstimulating the nerves, it feeds them and builds them up, supplies the blood with nutritious elements, renders the circulation able to remove accumulations occurring in congestion and inflammation, and gradually, without any forcing, establishes healthy conditions. It treats the disease between the periods instead of offering useless and hurtful palliative relief during the periods.

Dysmenorrhea in Variety

The kinds of painful menstruation (dysmenorrhea), with their causes, are as follows: Neuralgic dysmenorrhea, in which the pains are variable and shifting, and often unbearable. It comes with highly nervous temperaments and points to general nervous disorder or weakness.

Menorrhagia, in which there is a profuse flow during the menstrual period.

Metorrhagia, a hemorrhage from the womb at any time except during menstruation.

Congestive dysmenorrhea, in which the painful menstruation is caused by an abnormal oversupply of blood to the vessels yielding the flow.

Mechanical dysmenorrhea, in which the painful menstruation is caused by some physical obstruction to the flow.

Membranous dysmenorrhea, in which the painful menstruation is caused by the lining membrane of the womb not being properly shed during menstruation.

Imperforate hymen and the other causes of painful menstruation (dysmenorrhea) in young girls, as well as other forms of abnormal menstruation in adults, are discussed in separate chapters.

We shall now take up the different forms of painful menstruation and discuss their character, causes and treatment. The study will be found exceedingly interesting.

Neuralgic Form Considered

In neuralgic dysmenorrhea (painful menstruation from neuralgia) the pains are intermittent, and have the general character of neuralgic pains found in other parts of the body. As the name indicates, the pains proceed from some disorder of the nerves themselves, and are commonest in girls at the age of puberty and in young married women who have not borne children. It indicates a diseased condition of the nerves centering in the uterine organs, pain being developed by the great disturbance that occurs at the menstrual period. The skin of the lower part of the abdomen is highly sensitive during the pains. The pains may appear just before the flow begins, and then disappear, or they may persist intermittently during the period. They are often agonizing, rendering the sufferer delirious, and after the cessation of the flow she is likely to be prostrated. This form of painful menstruation (dysmenorrhea) rapidly undermines the system and opens the door for some disease that proves fatal, or ends in insanity. More cases of destruction of the general health occur from this form of painful menstruation (dysmenorrhea) than from all others combined.

The pains are not always confined to the pelvic region; sometimes they develop into neuralgic headache, facial neuralgia, or neuralgic pains in the teeth, eyes, fingers, toes, breasts, stomach, bowels, and even the heart. Or the spaces between the ribs (intercostal spaces) may be affected. In all such cases the pains, wherever situated, generally disappear upon a cessation of the flow; but in some cases, particularly where there is continued irritation of the cervix, from laceration or other cause, the remote pains continue throughout the month. This fact should be borne in mind, for the reason that this secondary neuralgia is often treated directly, and therefore to the injury of the patient, from overlooking the fact that it has its origin in the uterus.

Many Causes of Neuralgia

A constitutional tendency to a neuralgic disposition that manifests itself during menstruation may be inherited. If a mother has permitted herself to suffer in this regard she may expect her daughter to suffer similarly. Or the constitutional condition may be developed by anemia (an impoverished condition of the blood), chlorosis (green sickness in young girls), gout, rheumatism, syphilis, malaria and the like. If the general low nervous condition from any of these causes exists it will give rise to neuralgic pains in menstruation. Of course if there is any disease of the generative organs we have a sufficient explanation of the general nervous condition that manifests itself in this affliction. The fact that the generative organs have so highly developed a system of

nerves, and that their condition so easily affects the entire nervous system, and that the disturbance caused by menstruation is so great, explains the localization of the pains in the pelvic region during menstruation.

Anything that induces nervous depression, whether mental or physical, may cause neuralgic pains in menstruation. It often runs in families, thus clearly showing that it may be hereditary. One instance of many that have come under the notice of Viavi advocates was that of a grandmother, mother and daughter who were all afflicted with the same form of uterine trouble, and who were restored to perfect health by means of the Viavi system of treatment after all other measures had failed. This was an illustration of a particular form of menstrual trouble being inherited, and of its being overcome even though inherited. An unhappy married life, or a loathing for sexual intercourse, or forcible, excessive or incomplete intercourse, may easily induce it. Sometimes the relief from pain after the flow begins is so great that hysterical laughter or crying is indulged.

Needs a Natural Treatment

The proper treatment for neuralgic painful menstruation (neuralgic dysmenorrhea) is to build up the nervous system. This can be done only by natural means. It is impossible to get any but bad results by resorting to forcing methods. So refractory is this form of painful menstruation that ordinary methods are helpless in treating it. The Viavi system of treatment, on the other hand, enjoys remarkable success in such cases. This fact can be appreciated when it is reflected that the treatment feeds the nerves and builds them up, assisting nature to remove all abnormal conditions, and with them the pains to which they give rise. The peace that follows a Viavi cure of this wearing and torturing malady is immeasurable, and the countless thousands of girls and women who have been thus cured are enjoying the blessings of life beyond all their hopes. The treatment for this form of painful menstruation (dysmenorrhea) is the same as for dysmenorrhea generally, and will be found in the latter part of the chapter.

Flooding, Profuse Menstruation

Menorrhagia is an excessive flow during menstruation, and is commonly called profuse menstruation. Metrorrhagia is a hemorrhage of the womb occurring between the menstrual periods, and is commonly called flooding. Neither is a disease in itself, but, like leucorrhea, a symptom of disease. In both cases there is an undue loss of blood, and this means an impoverishment of the system. In flooding (metrorrhagia) there is danger of bleeding to death, particularly when it occurs at childbirth, or when large tumors are present.

An excessive flow during menstruation is determined by the normal quantity of the flow in each individual. What would be an excessive flow with one woman would not be with another. If the flow is greater than usual

in any particular case, we have profuse menstruation (menorrhagia), and it is evidence of disease and calls for treatment. It may take various forms. The flow may come at the regular time, and continue the usual time, but it may be too profuse; or the flow may come too soon, or it may last too long. The question to be settled is whether an abnormal amount of fluid has passed.

Causes of Profuse Menstruation

Numerous causes may produce profuse menstruation. A woman may be what is called a "bleeder," or one who bleeds easily from any cause. (This is called hemophilia.) Stagnation of the blood in the veins of the uterus is a frequent cause, and this may come from disease of the heart or lungs. Congestion of the womb from any cause will tend to produce it; among the causes are bad circulation, a distension of the walls of the blood vessels from weakness, or sexual excesses. Some of the most obstinate cases occur as the result of subacute or chronic inflammation of the ovaries. Diseases of the Fallopian tubes may be the cause. Among the commonest causes are structural changes in the walls of the womb, or tumors or other morbid growths within or upon it. The blood may be either fluid or coagulated, and may show great variations in color and character.

Strong, full-blooded women may stand profuse menstruation (menorrhagia) for some time without apparent serious injury, though injury nevertheless is being suffered; weak women rapidly decline under the affliction.

Some Causes of Flooding

If a woman is not pregnant, a flow between the menstrual periods (metorrhagia) may be due to a fluxion of blood to the womb, or to a tumor or other morbid growth therein, or as an accompaniment of the change of life. With some women it may occur during pregnancy, without apparent injury to the child, though it is always to be regarded as an unhealthy sign, and in most cases is the forerunner of abortion during the first half of pregnancy, and of miscarriage or placenta previa during the second half.

It may occur upon the expulsion of the child, whether it be full-term or not. In such cases it is very important and almost always dangerous. If it is not caused by mechanical injuries, it is likely due to the inability of the womb tissues to contract and close the blood vessels. This may result from prolonged or exhausting labor, or from birth hurried by the use of instruments, or from a partly adhering placenta.

Hemorrhages of this kind that occur after the birth, and while the mother is still confined, are usually not so severe, and generally occur with women who do not nurse the child. In such cases the hemorrhage indicates that the blood designed by Nature to form milk is thrown out of the system through the womb. Flooding (metorrhagia) may occur at this time, also, from inflammatory irritation of the womb.

Diseases producing great debilitation, such as typhoid, smallpox, cholera and the like, may cause flooding.

A persistent flow of blood from the uterus is generally due to some morbid growth within that organ, if it does not date from confinement or is due to weakness. If it occurs after the change of life, the presence of a malignant growth in the womb is indicated.

A diseased condition of the lining of the womb is often responsible for flooding.

Grave Effects of Hemorrhage

The grave question as to whether a patient is losing too much blood may be determined by the effect of the flow. In hemorrhage the blood comes in gushes, or there is a continual heavy flow of bright red or dark blood. The face turns pale and the extremities become cold. There may or may not be pain. Other symptoms are convulsions, difficulty in breathing, anxiety, restlessness, extreme pallor, dimness of the sight, nausea, a ringing in the ears, feeble pulse; and the mucous membrane becomes pale. A hemorrhage should receive immediate attention, as the patient thereby loses strength rapidly. Skillful medical assistance should at once be sought to check the hemorrhage, so that the action of the treatment may not be retarded by loss of strength so essential to the patron's welfare, which is always our first consideration. Hemorrhage in the case of a woman who has come thoroughly under the influence of the Viavi system of treatment is more easily checked than that in other cases.

Flow During the Treatment

A patron need feel no uneasiness if a profuse flow, not a hemorrhage, occurs while she is under the Viavi system of treatment for foreign growths in the womb (see chapter on Tumors), as every flowing spell brings with it more or less of the abnormal substance. In the absence of a foreign growth, after the change of life, profuse flowing is one of the first signs of malignant disease (generally cancer) of the uterus or cervix. Curetting, the ordinarily prescribed treatment for flooding (metrorrhagia), has been rendered obsolete by the Viavi system of treatment. Curetting, as will be readily seen, is a very restricted treatment, confined to one part of a single organ, the fact that all the organs are involved, and that the condition of the entire system contributes to the affliction, being ignored. Scraping away the lining of the womb cannot possibly place the system and the generative organs in a healthy condition, nor can it induce the growth of a healthy uterine lining.

This is beautifully illustrated in the case of a young girl who menstruated at the unusually early age of ten years. The menses were so profuse and prolonged that complete prostration followed. Several competent physicians were called, who could neither give a cause for the early and profuse flow, nor render curative assistance. The efficacy of the Viavi system of treatment

in assisting nature to build up the general system and in this way overcoming the profuse menstruation was perfectly illustrated in this case, as the child completely recovered. Eighteen months after discontinuing the Viavi system of treatment the mother reported the child as still sound and well.

The amply proved and recognized superiority of the Viavi system of treatment as a means for removing the abnormal conditions out of which profuse menstruation and flooding arise are explained by its power to assist nature to regulate, harmonize and restore the delicate normal nerve communication and vascular sympathies that exist among the generative organs, and between them and the brain centers and entire nervous system.

Treatment for Hemorrhage

The Viavi system of treatment for profuse flooding is as follows: Where there is a tendency to a profuse flow, the sufferer should not insist upon keeping about and on her feet until the flow gains headway, but upon its first appearance she should lie down and keep perfectly quiet until the flow has ceased. This is imperative. Raising the foot of the bed two or three inches and keeping the head and shoulders low, tend to lessen the amount of blood in the pelvic organs.

Both heat and cold serve to contract the blood vessels by stimulating the muscular fibers. Water heated to 120 degrees Fahrenheit acts as an astringent, and is one of the most convenient and valuable means to arrest a hemorrhage or profuse flow. A prolonged hot vaginal douche in a reclining position will frequently be followed by good results. The water should be hot, and not merely warm.

Vinegar may also be used in the douche with temporary beneficial results. In some cases it proves very efficacious, but as a rule astringents have but little curative value even when brought in contact directly with the source of the hemorrhage.

In other cases cold compresses (see Cold Compresses) act quickly and prove of more value than other methods, while it may be found necessary in some cases to cover the abdomen with an ice pack.

Where the cold compresses or ice pack are employed, heat should always be applied to the extremities by holding the feet in hot water.

The use of the capsule is discontinued during the flow, but if the flow continues for any length of time, so as seriously to interfere with the regular use of the treatment, it should be used per rectum, so that its effects may be felt continuously upon the system. (Also see treatment for Painful Menstruation, Dysmenorrhea).

As a rule, the capsule is discontinued the first four days of the flow, when it is used per rectum until the flow ceases, when its use is resumed per vagina.

The cerate is applied daily along the full length of the spine and also over the abdomen.

Nutritious food is demanded, and the diet should be generous and well suited to the taste of the sufferer. Beef or good extracts of it, strong broths and soups should be given in small quantities, but frequently. Mutton chops, milk and eggs will prove of benefit. Lemonade, oranges and grapes are both beneficial and grateful to the sick one.

Stimulants do more harm than good and are to be avoided, except to revive a patient with a tendency to syncope. The Viavi Royal is always advised.

Pain Arising from Congestion

Congestive dysmenorrhea is that form in which the pain is caused by congestion. Natural congestion occurs during menstruation, but it is painless, because natural. In chronic inflammation, from displacement of the womb, or from adhesions following pelvic inflammation, and from other causes, we have unnatural congestion, and this causes pain during menstruation and frequently between the periods. Tumors and polypi in the womb are other causes of the congestion. This menstrual difficulty is oftenest seen in women who have borne children or have aborted, but it occurs also in women who have begun the menstrual period and maintained it for some time without pain. A good history of the cause is generally obtained from the sufferer.

The Symptoms of This Form

The symptoms of painful menstruation from congestion (congestive dysmenorrhea) are markedly different from those of neuralgic dysmenorrhea. In congestive dysmenorrhea the pain is generally present between, as well as before, the periods.

In congestive painful menstruation the pains generally come on suddenly with the appearance of the flow, and are accompanied with either a diminution or a cessation of the flow. They may be slight, or of the gravest and most severe character. The constitutional symptoms are always marked. The pulse is quickened, the temperature rises, the skin is hot and dry and the eyes suffused—in short, the height of the fever is in proportion to the amount of congestion or inflammation. There are severe headaches, occasionally delirium, general restlessness, and a considerable increase of urine. The surface of the entire body is highly sensitive. Many reflex symptoms are experienced, such as pains in the small of the back and down the thighs either inside or outside. Sometimes the legs lose the power of movement. The digestive organs refuse to do their work, the bowels become constipated, vomiting appears. Tenderness and soreness appear in the breasts. The sufferer usually experiences pain in walking, is easily fatigued, has leucorrhea, and the bladder is sensitive both during the flow and between the periods. If the inflammation is very slight the pains may subside when the flow ceases.

One of many cases of this kind that have arisen in the promulgation of the Viavi system of treatment may be cited. A Viavi patron residing in New York, age thirty, had suffered since puberty from congestive dysmenorrhea. At each succeeding period the pain was greater. She had hardly recovered from one period before another was upon her, thus rendering her a chronic invalid. The spine became affected and was very sensitive at times to the touch. There was also a constant dull, aching pain between the shoulders. A perfect recovery resulted from the use of the Viavi system of treatment.

How the Treatment Operates

The Viavi system of treatment for painful menstruation from congestion (congestive dysmenorrhea) seeks the causes and proceeds to assist Nature to remove them. It recognizes the fact that these pains are merely a symptom of an abnormal condition of the generative system, and that the cause must be removed. If the cause is displacement, which prevents a free circulation of the blood and thus induces the congestion, the displacement must be cured. If it arises from adhesions, the adhesion must be absorbed. If tumors or polypus growths produce the condition, it assists Nature to expel or absorb them. In short, whatever the cause may be, the Viavi system of treatment assists Nature to remove it. The treatment for this form of painful menstruation is found in the closing part of the chapter.

Mechanical Causes of Pain

In mechanical dysmenorrhea the pains are caused by some mechanical obstruction to the free outflow of the menstrual fluid. These are of various kinds. A plug of mucus or blood may form in the cervix. Foreign growths, such as tumors or polypi, may appear in the uterine cavity. Both of these classes of obstructions will interfere with the flow. Very common causes are flexions and versions of the womb. The womb is flexed when it is bent upon itself, forward or backward; this closes the canal. Its version means its tilting as a whole from its true position; this presents an unnatural means of escape for the flow. Other causes are a stricture of the vagina and an imperforate hymen.

Why Severe Pains Occur

The symptoms of mechanical, spasmodic or obstructive painful menstruation (dysmenorrhea) are very characteristic and easily distinguished. What is known as uterine colic is the kind of pain most frequently observed. This is produced in the following way: The menstrual flow, prevented by the mechanical obstruction from escaping as it forms, is retained for several hours in the womb, thus distending it; then the muscles of the womb contract, as in childbirth, and as this contraction causes pain, the severity of the pain will be in proportion to the expulsive effort required to force the menstrual fluid past the obstruction. The flow then comes with a gush, and the pain ceases until

distension from another accumulation occurs, when another expulsive contraction brings on another paroxysm. These recur at intervals during the period, and disappear when the period has ceased. When the obstruction occurs in the cervical canal the contractions will expel a small clot of blood, followed by a gush, which gives complete relief for the time. Sometimes the clots so expelled are quite large, resembling pieces of liver. A woman who had suffered from mechanical dysmenorrhea for several years placed herself under the Viavi system of treatment. Her sufferings at the menstrual periods grew worse, until at one period a small uterine polypoid became detached and was expelled. This happily terminated her sufferings, by removing the mechanical obstruction to the flow, which had collected in the cavity of the uterus, and there remained until the expulsive forces of the organ expelled it, with labor-like pains. When a sufficient quantity of the treatment had been used the growth became detached, and was expelled with the flow. This is but one of almost countless cases of a similar kind occurring constantly in all parts of the world.

The treatment for this form of painful menstruation will be found in the latter part of this chapter. It may be explained here that the Viavi system of treatment enables Nature to remove the obstructing agency, whatever it is, by assisting Nature to establish a healthy order of things—by righting versions and flexions, removing tumors and polypi, or doing whatever else may be necessary to produce natural conditions. With the removal of the obstructions the pains disappear.

When Ovaries Are Involved

Ovarian dysmenorrhea is painful menstruation caused by ovaritis, or inflammation of the ovaries In such cases the ovaries are enlarged or tender, or both. One or both ovaries may be involved. In chronic ovaritis there is more or less pelvic peritonitis, or inflammation of the peritoneum of the pelvis. When the menstrual epoch arrives there is natural congestion of the pelvic organs, and it is this congestion, pressing upon the diseased and sensitive nerves involved in the ovarian and peritoneal inflammation, that causes the pain. The suffering is paroxysmal and neuralgic, is cruelly tormenting, and the affliction has its origin in the diseased condition of the ovaries, either one or both. Intermenstrual dysmenorrhea (paroxysms of pain between the periods) is also a feature of this complaint, and is more common, perhaps, in this form of painful menstruation than in any other. Occasionally it occurs after every other menstruation.

In painful menstruation depending upon inflammation of the ovaries as the inducing cause, the flow gradually and progressively diminishes; this is especially noticeable in girls and young women. It is largely due to non-development of the ovaries at puberty. There is a marked tendency to atrophy of the organs, ending in sterility and loss of sexual function.

Symptoms of This Affliction

In painful menstruation from inflammation of the ovaries (ovarian dysmenorrhea) the lower part of the abdomen is extremely sensitive, and the patient suffers a monthly martyrdom. Distressing headache, neuralgia and hysteria of every shade are likely to appear. The pain is usually dull, and is confined to one side, or extends to both, as one or both ovaries may be affected; when both sides are affected the pain usually extends around the pelvis and invades the buttocks and thighs; the breasts are often tender, and there is likely to be general nervous disturbance and depression of spirits. The amount of the menstrual discharge tends to diminish. One of the numerous cases that have come within the experience of Viavi representatives was that of Mrs. S. She came under the Viavi system of treatment for ovarian dysmenorrhea at a time when her life was despaired of, unless she should consent to an operation for the removal of both ovaries. Realizing what the operation meant to her future life, she decided to die rather than submit. She placed herself under the Viavi system of treatment, and in spite of the protestations of several eminent physicians that the treatment would do her no good, she completely regained her health from its intelligent and faithful use. Her menstrual periods are now appearing painlessly after eighteen years of suffering.

When pregnancy occurs and thus gives the ovaries a rest of nine months, the Viavi system of treatment, carefully followed during that period, assists Nature to heal not only the diseased condition of the ovaries, and that of the peritoneum arising from it, but secures the many happy results of which it is capable in pregnancy and childbirth. It is by no means advised, however, that pregnancy be invited for the purpose of assisting in the cure of this distressing malady. On the contrary, it is far better to employ the treatment directly for the cure. The special treatment required for this form of painful menstruation will be found in the latter part of this chapter.

Uterine Membrane Involved

Membranous dysmenorrhea is that in which the lining of the womb becomes thickened, and instead of being shed in almost invisible particles and without pain, as in normal menstruation, comes away in patches and shreds, or as a whole, causing great pain and many serious disturbances.

The lining of the womb is a sac fitted to the triangular cavity of the uterus, with its three openings, the os (mouth) and the two Fallopian tubes. As has been explained, in normal menstruation it disintegrates naturally, and its shedding is facilitated by the fatty degeneration of the tissue connecting it with the womb, so that it passes away in almost invisible particles and without pain. In painful menstruation from a diseased condition of this membrane (membranous dysmenorrhea) it has become greatly thickened, the disintegration and fatty degeneration do not occur properly, its blood vessels

are greatly increased in size, capacity and number, and abnormal conditions appear in the tissues of the womb. Instead of the lining disintegrating evenly and coming away imperceptibly, as in normal menstruation, in this form of painful menstruation the thickened lining leaves the womb irregularly, and often passes out whole, causing great pain.

The common practice for treating this condition is to scrape away the reluctant membrane with a curette—a practice that does nothing whatever toward the removal of the cause, and that entails evils of its own, as we shall see later. The Viavi system of treatment regards the condition as a symptom, and proceeds to remove the causes producing it. An inflammatory condition explains the trouble. This must be taken care of, and the condition causing the inflammation must be removed. There is evidently a fault of nutrition, and the circulation is unnatural. The Viavi system of treatment looks to the removal of those unnatural conditions. Its splendid success in enabling Nature to cure the disease on those lines, without the least torture or exposure, is easily inferred from its observance of natural laws.

Many Indications Observable

In the membranous variety of painful menstruation the pains usually begin with the flow, and increase as the flow progresses, finally producing pains identical with those experienced in labor. During these pains the mouth of the womb dilates, as in childbirth, and the membrane passes as a whole or in shreds. Usually the pains are severest at these times, and are followed by rather a profuse flow, which soon disappears. It may be followed by a purulent or a watery discharge, which may continue for a few days or indefinitely. The sufferer is usually extremely nervous, and sterility is commonly present. The general health suffers seriously in this form of painful menstruation.

The most astonishing variety of irrational treatments have been employed for this distressing affliction, among them dilation and curetting, in conjunction with chloride of zinc or carbolic acid for the purpose of destroying that part of the membrane left behind by the curette. Such a treatment, including curetting, is necessarily unsuccessful, as it makes no effort to remove the cause of the complaint, and introduces special evils and dangers not existing with the affliction. Among many similar cases we recall that of an unmarried woman who had suffered so severely with membranous dysmenorrhea that she had submitted to more than a dozen curettments for relief, being led to believe that each operation would bring about the desired result, or at least a diminution of her suffering. Her vision became seriously impaired, and she was as near a nervous wreck as could be imagined when she adopted the Viavi system of treatment as a last resort, followed by complete restoration.

The Viavi system of treatment assists Nature to restore the womb to its natural condition, with the result that the lining is naturally formed after

menstruation, is of a natural character, and is naturally and painlessly shed during menstruation.

Salpingitis Is a Cause

Salpingitis (inflammation of the Fallopian tubes) is sometimes a cause of painful menstruation (dysmenorrhea). Salpingitis itself will be treated in a separate chapter, but it may be considered here in its relation to menstruation. In such cases the pains come on several days before the flow, as the inflammation reduces the calibre of the tubes and thus serves as an obstruction.

In the chapter devoted to salpingitis many interesting things may be learned. The cure of that disease will remove the tubal obstruction that renders menstruation painful, as well as overcoming their reflex disturbances.

Laceration of the cervix, from childbirth, is another cause of painful menstruation. This subject will be better understood from a reading of the chapter concerning it.

On Obstructions Generally

It will be often found that obstructions of one kind or another do not sufficiently account for painful menstruation (dysmenorrhea) in all cases—the causes lie deeper than the mere obstruction in such instances, and the obstruction is merely an indication of the deeper cause. We find some women menstruating painlessly through a very small cervical mouth, and others suffering agonies when the mouth is large. Obstructions caused by flexions of the uterus have more clearly defined characteristics. In such cases the bending of the womb upon itself closes the canal and obstructs the flow; but there are conditions in the flexion itself that cause pain, because a flexion is an unnatural condition, and betrays the presence of disease, with highly sensitive nerves. Where the obstruction is above the juncture of the womb and vagina the pains are severe; where it is below, the pains are comparatively light. This is because the circulation is less interfered with in the latter case than in the former. The more the circulation is strangled, the harder the pressure on the nerves, and the greater the pain. It will be observed by women who have submitted to the old torturing method of treatment that dilatation to secure relief when the obstruction is above the juncture of the uterus and the vagina, rarely secures the end desired. This subject will be more thoroughly discussed in the chapters devoted to displacements and flexions of the womb.

It is asserted that 71.90 per cent. of married women who were afflicted with painful menstruation (dysmenorrhea) early in life are sterile. It is a false and dangerous modesty that permits disease to become fastened upon young women, who are the very ones yielding most readily to intelligent treatment.

A Few General Suggestions

We have classified painful menstruation (dysmenorrhea) for convenience; as a matter of fact, several kinds may exist at once, and one or more kinds may overlap in the same case. The only importance that a classification has is this: If a woman has painful menstruation from a disease of the ovaries (ovarian dysmenorrhea), and she fails to place herself under the Viavi system of treatment, she will be advised, almost beyond the peradventure of a doubt, to have her ovaries removed, The incredible harm that she will suffer from such mutilation has been pointed out in other chapters. If the disease is in the form of tumors or polypi in the womb, she will be advised, sooner or later, unless she adopts the Viavi system of treatment, to submit to an operation in which her abdomen will be cut open on the median line, and the symmetry of her figure destroyed; perhaps she will be advised to submit to the removal of the womb. The Viavi system of treatment renders all these measures wholly unnecessary. It makes no difference to the woman who adopts the Viavi system of treatment what form of painful menstruation (dysmenorrhea) she has; it is equally efficacious in all, because it assists Nature to bring the parts into a healthy and normal condition, and has accomplished seemingly incredible cures, even after every resource of ordinary methods had been exhausted and the case given up as incurable. A woman afflicted with any form of painful menstruation is in positive and imminent danger of a surgical operation, whether minor or capital, unless she adopts the Viavi system of treatment.

The Treatment for Dysmenorrhea

The Viavi system of treatment for painful menstruation (dysmenorrhea) is as follows: In all cases the Viavi cerate is to be used daily over the region of the spine (see Cerate on Spine in the latter part of this volume), and its use must not be omitted during the menstrual period. The fact should be kept in mind that the cerate is to be rubbed in, not merely rubbed on, and that it will be from the quantity absorbed, not the quantity applied, that beneficial results will be obtained. The quantity that will be absorbed will depend on the absorptive powers of the skin, which are normally great in this region. If the cerate is absorbed and taken up it is not wasted, no matter how much may be absorbed, and if the skin takes it up readily it should be given freely. The cerate is wasted only when more is applied than can be absorbed. While much depends on the absorptive power of the skin, much depends also on the amount of work and time put into the rubbing. There should be no stint of either. Some one with strength and perseverance should be employed for this.

Where the flow is suppressed or scanty, or great pain precedes the appearance of the discharge, the hot compress twice a week may be used, daily in severe cases. It is described in the latter part of this volume. It alleviates the pain by reducing the blood pressure on the sensitive nerves.

If there is a great deal of inflammation and congestion present, cold compresses, as described in the latter part of this volume, should be used twice a week, or daily if the case demands it, between the periods, and hot compresses at the commencement of the period and a few days before. After removing the compress, whether hot or cold, apply the cerate thoroughly over the region of the abdomen.

The cerate is to be applied daily over the region of the abdomen, but the compresses are to be used only at the times here specified.

A Viavi capsule is to be used in the vagina every night, except during the menstrual period, and should be placed as high as possible.

The Viavi Liquid is to be taken into the stomach three times a day, in from five to ten drop doses, in water, twenty minutes before meals.

If the nourishment of the sufferer is defective the Viavi Royal is to be used in connection with the other forms of the treatment.

One of the most successful aids in the treatment of painful menstruation (dysmenorrhea) is massaging the abdomen. This process is described in the latter part of this volume. (See Pendant Abdominal Massage.) We know of one plucky sufferer who secured happy results under the Viavi system of treatment for painful menstruation produced by uterine retroflexion and ovarian inflammation by devising a padded rest for the upper part of her body, so that her arms and hands were left free to massage the pendant abdomen herself, without assistance. Brilliant results are almost sure to follow the persistent use of the abdominal massage, not only in painful menstruation, but in other abnormal conditions of the pelvic region. (Also see Reclining Abdominal Massage where the compress and pendant abdominal massage are omitted.)

The circulation of the blood should receive attention, and foregoing chapters on circulation, rest, sleep, exercise and sunshine should all afford valuable hints for each individual case.

The more marked the hysterical tendency, the greater the need of will and determination on the sufferer's part to overcome the physical obstacles to her recovery, by following up the treatment faithfully and for a sufficient length of time, and by taking needful exercise in the open air and sunshine. There is generally a great repugnance for this, but the sufferer owes it to herself to make every intelligent effort to get well, and she will be gratified to observe how kindly she will take to proper exercise with a little effort at first. It is easy to overdo in this regard. The slightest approach to undue fatigue should be avoided.

Rest and sleep should receive the most careful attention, and eating and the other natural functions should be attended to with the utmost regularity. Each sufferer should make a study of her own case. The greatest benefits will come from this understanding.

Importance of the Cerate

Too great care and attention cannot be given the application of the Viavi cerate externally over the region of the abdomen and spine, for all menstrual anomalies or difficulties. The absorptive powers are actively employed in taking up this particular form of the Viavi system of treatment. If our patrons could realize, even to a limited extent, how greedily this nourishing food is devoured, much care and time would be devoted to it.

Each artery carries with it a dilating and a contracting nerve fiber, both of which are controlled by the nerve centers. When an abnormal quantity of blood collects in a part, the activity, or function, of the contracting fiber is impaired, which means congestion or inflammation. If the quantity of blood is less than normal, the function of the dilating fiber is impaired.

If we give the Viavi food to the nervous system through absorption, it assists both fibers in functionating normally and thus controlling the blood supply. Frequently it takes considerable time for this readjusting of the nervous system to occur. As the blood supply of the pelvic organs is largely under the control of nerves whose centers are located in the lower part of the back, or lumbar and sacral regions, it is evident that applications of the cerate over that part of the spinal column, which is both at and below the waist line, will immediately reach the nerve centers, and thus control the blood supply, bringing a great sense of relief and evident curative results.

Where intense congestion of the internal organs is present and the external surface of the body is cold, showing that the external capillaries and arterioles are unduly contracted, while those internal are abnormally dilated, a cold compress over the region of the spine (see Cold Compress on Spine) followed by a thorough application of the cerate over this region, will assist the controlling nerves to regain their funtional activity. Those vessels which are over-dilated, normally contract, and those abnormally contracted, sufficiently dilate, and thus a perfect circulation is established. This spinal compress treatment is to be employed between and not at the monthly periods.

Pains Evidence of Progress

After using the Viavi system of treatment for a time the menstrual periods may become even more painful than before. This fact was forcibly illustrated in the case of Mrs. H., who thought that the Viavi system of treatment was doing more harm than good, when suddenly a quantity of blood, black as tar, became expelled, which brought the first relief that the patron had received, although she had been under the treatment for several months. That menstruation remains painful while under the treatment should encourage the patron to continue until the cause of the trouble, however remote and deep-seated, is removed.

The fact should never be forgotten, where menstrual difficulties exist,

that the delicate uterine and ovarian nerve filaments are made exceedingly sensitive by the existing inflammatory process. When regaining tone under the Viavi system of treatment they gradually relax and contract, not only to accommodate the flow of blood in the vessels, but also to force it onward; hence the sensitiveness that is often experienced while under the treatment. While these symptoms are disagreeable and often very painful, they indicate that a normal condition is being brought about, and they should always give encouragement to the patron to continue, as they indicate that beneficial changes are occurring.

Irregularities of the menses while under the treatment need cause no alarm nor uneasiness, as Nature will regulate the flow of blood from these organs in a way that will best benefit the system. Under all circumstances the Viavi system of treatment simply assists Nature, and the patron can rest assured that Nature will make no mistake if given the proper assistance.

Chapter XXIX.

VICARIOUS MENSTRUATION.

VICARIOUS menstruation is that in which the menstrual flow occurs from some part of the body other than the uterus. Although genuine cases of it are rare, their serious nature and the readiness with which they yield to the Viavi system of treatment make it advisable to consider the affliction here.

As a rule, when the menstrual period arrives, the flow occurs from the mucous membrane in some part of the body. There is scarcely any part of the body from which it has not been known to occur, including the eyes. The most common places are the nose, gums, stomach, lungs, breasts, or even some portion of the skin; or the flow may occur from ulcers anywhere, or from hemorrhoidal tumors. The flow in some cases, instead of having the form of blood, may be a transudation of serum, which is colorless, in which event the discharge is represented by a profuse watery diarrhea.

In seeking the cause of vicarious menstruation, we must look to faulty nutrition, or a low condition of the nervous system. It may be due, however, to high arterial tension.

Interesting Cases in Point

Although this menstrual anomaly is rarely encountered by the average practitioner, the Viavi practice, which extends over the entire world, brings these cases quite frequently to view, as they are always deemed incurable. Among other cases a beautiful young girl of eighteen came under the Viavi system of treatment in 1894, for vicarious menstruation. Every few weeks she would have spells of bleeding from the nose and gums. A little black blood constantly oozed from her gums, giving her the appearance of having her mouth filled with tobacco juice. She was weak and so exhausted that she could scarcely sit up. She suffered from a constant hacking cough, and was reduced in weight to seventy-two pounds. Under the Viavi system of treatment, her weight increased and her menses had become normal.

Another case was that of Mrs. G., who menstruated from the skin just above the knees. This was a much stubborner case than the foregoing. The treatment proved as successful, although consuming much more time.

Why the Treatment Is Efficacious

It will be noted that no matter what the cause of this distressing complaint, except malformation of the organs, the Viavi system of treatment is perfectly adapted to assist Nature to cure. This can be better understood by studying the action of the treatment as explained throughout this volume. The blood is enriched, the circulation is strengthened, the nerves and tissues are fed, and the general system is put into a condition that enables the natural functions to establish themselves.

Many grave dangers of various kinds are invited by a neglect of this most distressing condition. Nature's wonderful tendency to make the most of a bad situation leads her to adjust her operations as nearly as possible to abnormal conditions that she cannot overcome. In this way diseases become chronic, and are more difficult to overcome than acute afflictions, or those that have recently arisen. The sooner any disease is taken in hand the easier it is cured, as the less the effort must be to break up a habit into which Nature has fallen.

If for a number of months in succession the blood has come from the lungs, there is reason to fear that consumption will follow, especially in scrofulous women, or those having a scrofulous hereditary taint.

The Viavi system of treatment for vicarious menstruation is the same as that for amenorrhea, to which the sufferer is referred.

Chapter XXX.

NON-DEVELOPMENT.

IN former chapters the normal development of girls was fully considered. As non-development, or retarded development, or arrested development bears a close relation to menstruation, it is treated here.

A large proportion of the women who suffer through life, or who upon marriage develop some weakness that leads to suffering, are those who failed to receive intelligent attention at the time of puberty. Some of the instruction that should be given a girl at this time has been already indicated. We shall now discuss the character, origin and treatment of abnormal conditions that may arise.

Why Girls Suffer So Much

Any careful observer will note a great difference between girls and boys with regard to the dangers attending puberty, but there are few who consider the reasons for this difference, and thus place themselves in a position to give better attention to the care of girls.

As a woman's share in the duties appertaining to the perpetuation of the species is far greater than a man's, it follows that the changes which a girl undergoes in passing from childhood to womanhood must be far greater than those experienced by a boy. As the change lays a much heavier strain upon a girl's strength than a boy's, it is necessary that the girl's strength be conserved in every possible way while it is under the strain. We do not observe that such care is commonly taken. On the contrary, it seems to be generally assumed that girls ought to be expected to come through the trial as easily as boys. Striking evidence of this extremely hurtful view is seen in the fact that in schools girls at the age of puberty are expected to do as much work as boys. In other words, the schoolroom, particularly the American schoolroom, is responsible for the wrecking of countless women's lives.

Great Evils of Overstudy

The immensity of the evils wrought upon girls by the schoolroom can hardly be exaggerated. At the very time when Nature is placing the heaviest strain upon them, they are called upon to work to the full limit of their strength. Noth-

ing could be more obvious than the fact that any excessive burden placed upon a girl's mind at the age of puberty consumes forces that Nature demands for her physical development. Indeed, at this time there should be no more mental work than is needful to keep the mind in healthy working order, to prevent its stagnation, and to divert it from unhealthy concentration upon the wonderful change that every element of consciousness in a girl's composition makes her aware is taking place. It is infinitely better to permit a girl to lag behind her male classmates than to lay the foundation for a whole life of suffering. For that matter, the sexes should never be permitted to work in the same classes at this time. It places girls at an enormous and altogether unnatural disadvantage, and by introducing the element of competition spurs them on to exertion that they cannot afford to make. Nothing will be lost by proceeding slowly until the girl's menstruation has been firmly established, for when that occurs naturally there ensues a time of remarkable mental activity that makes strides with a rapidity impossible to boys. During the process of establishing menstruation Nature has been consuming an enormous amount of vital energy. None of this has been lost, however. On the contrary, it has been used most judiciously in the making of a perfect creature, so that when the task is complete there emerges a girl with a vastly greater store of vital energy than she possessed before the change. This she is eager and ready to apply to the concerns of her life. We now understand why girls who have not been overworked during the change are able generally to outstrip boys of the same age in competitive mental work.

Girls Have Some Disadvantages

Not only does Nature place a much heavier strain upon girls than upon boys at the age of puberty, so that boys pass through it without experiencing any of the strong disturbances to which girls are subjected, but the menstruation experienced by girls—a condition to which there is nothing analogous in the case of boys—is a physical fact invested with numerous serious dangers. As there is nothing in a girl's instinct that teaches her to expect a discharge from the vagina, she cannot expect it unless she is taught to do so. If she has had no instruction when it appears, she sees for herself that a serious physical thing has happened, and that it is different from any of her former experiences. It is natural for this to fill her with alarm, and her native modesty will be more than apt to lead her to conceal her condition and resort to such means as she may devise for overcoming it.

Another thing: The discharge contains blood. Every child has learned the danger of shedding blood. Every one knows that an unchecked flow will cause death. The girl, if untaught, does not know that the flow in her case is natural, but, on the contrary, is inevitably alarmed, and her sense of prudence may lead her to check the flow by such means as may suggest themselves to her.

An Invasion of Alarm

When a boy emerges from childhood he finds nothing to alarm him. On the contrary, all the sensations that he experiences are agreeable, stimulating, inspiring. Nothing occurs to rouse his shame or self-disgust. He simply feels himself becoming a man. A girl's condition is vastly more complex. Her natural sensibilities are not only finer than a boy's, but she experiences a super-refinement of all of them. The slightest cause will make a deep impression upon her, far deeper than a boy experiences. When she discovers the menstrual blood, she is far more alarmed than she would be under other circumstances, but she is more than apt to experience a humiliation that requires the most patient tact and skill on the mother's part to overcome. Comparatively few girls can depend upon the kindness and wisdom of their mothers—they must take care of themselves as best they can. If they had a bleeding from the nose, they would not hesitate to let the fact be known; but as it comes from a part of the body of which they have so recently become intensely conscious, and which their natural and beautiful modesty leads them to guard from any sort of intrusion, they will suffer tortures of mind and spirit of an intensity that no one but themselves can understand. At this time, without a mother's kindly guidance, a girl is the most pathetic figure in the world.

How Girls Injure Themselves

The ingenuity which girls display in their efforts to check the menstrual flow when it first appears is remarkable. The commonest practice among them is to take a cold bath. This generally checks the flow, and begins a lifetime of suffering. Among many thousands of cases in which uninstructed girls have thus arrested their development, with dreadful results, is the following, which will prove typical:

An uncommonly bright girl of thirteen began to decline, without any visible cause. Between her thirteenth and sixteenth years she made no growth, and degenerated from one of the brightest girls in school to one of the dullest, with no desire for study, but with fertility of resources in devising ways for keeping out of school. She finally came under the notice of a Viavi representative. The representative requested the mother to ask her daughter a few simple questions, the answers to which shocked the mother inexpressively. She learned that three years before, at thirteen, her daughter had discovered the menstrual discharge, and had checked it with a cold bath; that she had repeated this for three or four months, until finally the flow no longer appeared; that for a time thereafter she would suffer excruciating pains every month, but that she was ashamed to mention them. The girl had thus arrested her development, and at the time she was seen by the representative was seemingly drifting rapidly into consumption. A faithful use of the Viavi system of treatment made her what she ought to have been three years before—a hearty,

healthy, happy girl, fond of work and study; but the treatment never would have been necessary if the mother—a woman of high intelligence, with a number of grown daughters—had done her simple duty.

Other Sources of Non-Development

When we fully realize the heavy strain under which Nature places a girl at puberty, and the great amount of vital force required to effect the change, we can understand the necessity for a highly vigorous girlhood as the foundation for the change. If a girl has been born of healthy parents, has been wanted before her birth, and has been reared with all the affection and wise guidance that a perfectly competent mother will bestow, and is properly instructed concerning the change that must occur, and is taken kindly through it, there never will be the slightest trouble. She will bloom into beautiful and happy young womanhood, will be possessed of all the charms and graces to which she is entitled, and will be blessed with an abundance of that natural wisdom necessary to a happy, competent and useful life. But it will be observed that the conditions for all this, simple as they seem, and natural as they are, do not exist as a rule. As more than nine-tenths of the women of the civilized world are afflicted to a greater or less extent with some disease peculiar to their sex, a great majority of mothers are not perfect for their duties. To the extent that they are not perfect, their daughters will suffer. These young lives not only come into the world burdened with weakness inherited from the imperfect condition of their mothers, but they fail to receive the affection and wise guidance that are necessary to their health.

Weakness That Is Inherited

It is often difficult to discover a girl's inherent weakness until she comes under the heavy strain imposed at puberty. It is then that the story of her mother's condition may be read in her own. Even before that time arrives, some distressing things are found. Viavi representatives have encountered many a girl under twelve afflicted with leucorrhea. In some cases it appears even in infancy. Knowing, as we do, the constant drain that leucorrhea makes upon the system, we can imagine the dreadful experiences of a girl who must pass through puberty in such a condition.

Inherited weakness may take many forms. It may appear as a general lack of vitality. Many a little girl deemed charming because of what is termed her spirituality, by which is meant her lack of the animal vigor necessary to full development into womanhood, has a life of misery before her. It must be realized that the prime essential with a young girl is to be a perfect being. Every grace of mind and body, every element of strength in her character, every quality of womanly goodness and sweetness that she can develop, must have that for its foundation. Girls must come into the world

with a wholesome heredity if they are expected to develop into perfect women.

The Ovaries Are the Center

As with women, so with girls, the ovaries constitute the grand center of the sexual nature. Their condition at puberty represents all that goes to the making up of the individual. If the system lacks in inherent strength, there will not be a sufficient source upon which Nature may draw for the vital energy required to develop the ovaries. Around and within these complex little bodies, the ovaries, cluster the finest, most delicate and most skillful adjustments of which Nature is capable. In puberty every resource of the entire system is called upon to contribute its quota of strength toward their development. The digestive system must be in perfect order, that food may be properly prepared for all the needs of the body. Every vital organ must be in superb working order. The blood must be supplied with the nutriment that the body requires, and its ingredients must be assembled with due regard for the separate wants of every part. The circulation must be full, free and vigorous. All the organs of elimination must be able to work up to their full capacity. The condition of the mind itself must be exactly adapted to the need arising at this time. If it is exhausted by laborious study, or if it is harassed by troubles of domestic or other origin, the ovaries will suffer in development. If the sympathy and affection that the child-heart craves are withheld, or if the peevishness of a sickly mother is present to act as a depressing or irritating influence, the ovaries will suffer.

Retardation of Development

So many causes may and do operate at puberty to prevent the normal development of the ovaries that it would be impossible to enumerate them all. It ought to be sufficient to impress upon mothers the grave character of the condition in which puberty places even the most robust girls, much more those who discover the least tendency to be delicate or fragile.

If Nature cannot find in the system sufficient material out of which to work properly the miracle of transforming a child into a woman, she will take all that she can find, and leave the rest of the body to suffer as it may. So great is the effort at this time that serious systemic disturbances of many kinds are likely to arise unless all the conditions are favorable. Headaches are very common. Pains in the ovarian region inflict unthinkable tortures. Many a young girl is so overcome by the many trials that she is called upon to bear, that she prefers death to all that she has to face, and thus it is that suicides at this time are distressingly common.

Of course retardation of development of the sexual nature means retardation of development in all other directions. Unless the ovaries develop

normally, the child will not develop normally in any direction. Her form will not fill out properly. She is likely to be flat-chested and stoop-shouldered, her eyes to be dull, her mind stupid, her affection blunted, her bodily functions deranged.

Many Mistakes Are Committed

When the attention of the parents is drawn to their daughter's sallow, pinched face, hollow chest, angular figure and lifeless, awkward gait—all the evidences of low vitality and lack of natural development—there is too apt to arise a decision to put her through a course of exhausting physical exercise, and thus consume the last remnant of strength that the system of the girl requires for other purposes. Instead of this her life should be made as easy and pleasant as possible, all exhausting work withheld, and careful attention paid to rational exercise, a sufficient amount of sunshine, wholesome diet and abundant sleep. It is under such circumstances that the Viavi system of treatment assists Nature to accomplish many of its happiest results. All that Nature desires is some rational help; given that, and she will do all that is necessary. The shrunken, lifeless muscles are fed by having the Viavi cerate rubbed into the pores of the skin once a day, and the circulation assisted with the baths described in the latter part of this volume.

If a girl at this time is fretful, peevish or cross, it should be reflected that her condition is unnatural, and that her conduct is not the evidence of a perverse disposition, for Nature intended that she should be light-hearted and happy at all times of her life. If she has headache or backache, or is constipated, or her breath is offensive, there is tangible evidence of a condition demanding vigorous treatment. Nature needs assistance in removing the waste that accumulates from the act of living, and this assistance is furnished by the use of the Viavi system of treatment. A serious fault of nutrition is evident, and the Viavi system of treatment furnishes the nutriment that Nature demands. Viavi is a predigested nerve and tissue food, and is promptly appropriated by the impoverished tissues. A perfect cure cannot be expected in a short time. Persistence is required, but the reward that comes from it is immeasurably great.

A Girl Requires Instruction

As early as ten years of age a girl should be instructed by her mother to expect menstruation in the course of time, and should be impressed with its great importance to every concern of her life as long as she shall live. The mother should point out the danger of taking cold, of too much violent exercise, particularly in skipping the rope, or permitting the feet to remain wet, or of sitting on stone steps or the damp ground. To secure the daughter's full confidence is to make it sure that she will announce the changes that she feels taking place within her at eleven or twelve years of age, when the mother can explain

them and thus remove all the apprehension and shame that they will otherwise arouse. It is wonderful and beautiful to see the readiness with which girls respond to appeals to their confidence from their mothers. These matters should be discussed openly and freely, not behind closed doors, as if they were something to be ashamed of. But for this false shame there would be much less suffering in the world than there is. At the same time the girl can be given to understand that the mother is the only one in the world with whom it is right for the daughter to discuss these subjects. The mother will be gratified beyond measure to see how eager her little girl is for more knowledge; how she follows her mother about and begs for more. This can be imparted judiciously, but it is evident that the mother must inform herself before she can do so, and she is unfit in the full sense to be a mother of girls unless she does.

An Imperforate Hymen

There is one danger—a rare one, but one giving rise to serious possibilities unless it is understood—that may confront young girls at puberty, and that is an imperforate hymen, or a hymen that has no opening through which the menstrual flow may escape. The hymen and its usual perforations are described elsewhere in this volume. The absence of a perforation is congenital—it is a condition that has existed from birth. If there is no opening, the menstrual fluid is dammed up, and becomes a serious menace to health. The flow, seeking an outlet elsewhere, will likely give rise to very serious results. There is only one cure for imperforate hymen—an opening must be made, and this should be done by a competent physician.

Among the cases illustrating the evils of maternal neglect in the matter of instruction of young girls may be mentioned the following, referring to imperforate hymen: A girl at puberty showed symptoms of imperforate hymen. When the attending physician announced that a slight operation was necessary the child protested vehemently, and force was required by her mother and the physician to compel her to submit. The operation was simple and painless, but the wretched child cried at night for months. Long afterward she explained that the cause of her distress was her belief that the operation was one intended to change her from a girl to a boy, and that she did not want her natural condition interfered with! Such cases of incredible mental anguish on the part of girls from ignorance and from the absence of confidence between them and their mothers, are far more common than most mothers realize. This girl's ignorance and consequent suffering were an unbounded reproach to the mother.

What Viavi Has Accomplished

Until the discovery of Viavi and its use in cases of non-development, there was no remedy for the treatment of the very common and distressing conditions

arising at puberty. The most that ordinary methods could recommend was increased outdoor life, with perhaps an iron or other tonic. There was no way of feeding the depressed and weak nerves, of introducing the very food that Nature requires in the wonderful change. The Viavi system of treatment supplies it, and thus enables Nature to handle the great and complex problem that lies before her. It is the very help that is required. Under its influence the blood, supplied with proper nutriment, is sent bounding through the body, filling it with the life appropriate to childhood. The treatment unshackles Nature, and enables her to take the weak girl kindly in hand and lead her through the marvelous change that makes her a woman. These assertions are made from redundant experience. Many of the countless thousands of the victories won by Nature over disease with the aid of the Viavi system of treatment have been in the cases of young girls suffering under the bondage of incomplete, retarded or absent development.

Youth is a very valuable factor in the treatment of disease. This is one reason why young girls respond so readily to the Viavi system of treatment, and why permanent sound conditions are so easily established thereby.

Green Sickness, or Chlorosis

According to the latest researches, chlorosis, or green sickness, seems to be characterized by a diminution in the amount of hemoglobin in the blood. The change appears to be strictly limited to the red corpuscles. This is a disease found in girls near the age of puberty. It is limited almost entirely to the female sex and generally makes its appearance between the ages of fourteen and twenty-four. There is a conspicuous paleness of the skin, which is sometimes clear or of a greenish, yellowish hue. There are dark circles around the eyes; the lips and other mucous membranes are pale. There may be also a dropsical condition of the eyelids, face and feet. The breath is cool, and the ears, nose, lips, hands and feet are cold, indicating that the circulation of the blood is poor. The sufferer is generally very sensitive to cold. We find also that palpitation of the heart is present. Although the ailing one does not exert herself in the least, there exists great weakness of the muscular system, and she becomes easily tired. The head is dizzy and aches. There are noises in the ears, and pains in different parts of the body, especially in the back; hysterical spasms, nightmare, and even an inclination to self-destruction. There are a loss of appetite and a desire for sour things, and a morbid craving for chalk, paper, ashes, fresh earth, coals and even excrements. An absence of the menses, or painful and irregular menstruation, is generally present, or a thin, watery leucorrhea may appear in place of the menses. In other cases chlorosis is accompaniel with profuse menstruation. Hysterical paroxysms are of common occurrence.

In chlorosis the whole digestion is disturbed, and consequently the

assimilation of nutriment for the blood does not take place properly; hence all functional activity is impaired, more or less. The adaptability of the Viavi treatment for this disease is prominently conspicuous.

Chlorosis may exist for several years if not properly treated, but under the Viavi system of treatment splendid results are obtained. The treatment for chlorosis is the same as that for non-development, given elsewhere in this chapter.

Nervous Troubles, Epilepsy

Irregularity of menstruation in young girls, from non-development and allied causes, gives rise to nervous troubles that are likely to be much more serious than in the case of adults. Epilepsy is sometimes a result. Low spirits and melancholia are frequently encountered. Many a girl has run away from home because her nervous condition had made her surroundings seem intolerable, particularly if the mother was cross, unsympathetic or irritable. It is under such circumstances that suicide is committed by girls of an extremely sensitive treatment. All these conditions disappear with the removal of the cause by means of the Viavi system of treatment, which is the same as for non-development.

There should be no hesitancy in the use of Viavi capsules by young girls, and they should be instructed in the matter. No rupturing nor stretching of the parts occurs, as an opening sufficiently large exists, if the parts are perfectly normal, and if not, a rupture should be made. If the normal opening exists, from the high elasticity of the membrane, no rupture can result. The Viavi system of treatment, besides being the only means for enabling Nature to establish normal processes in such cases, spares a girl the mortification and injury inflicted by examinations. She takes the Viavi system of treatment in the privacy of her own room, with none but her mother to know.

Viavi Treatment for Girls

If a girl shows the slightest weakness at puberty, suffers pain of any kind or in any locality, exhibits any form of nervousness, is depressed in spirits, suffers from poor circulation, as is indicated by cold hands and feet or a blue skin, is anemic, chlorotic, has headaches or backache, if the menses are retarded or abnormal in any way, the bust and chest flat and not developed or the muscles flabby, she needs the Viavi system of treatment, by which Nature is supplied with the material with which she is enabled to develop the child into the perfect and complete woman, and thus insure to her a life free from suffering and pain.

Especially should great care be given the use of the Viavi cerate over the region of the spine (see Cerate on Spine) at least once a day, so that the nervous system may be properly nourished.

The pendant abdominal massage (see Pendant Abdominal Massage) is

one of the most important hygienic adjuncts to the Viavi system of treatment for non-development, in conjunction with the use of the Viavi capsules, cerate and tonic.

The hot compresses (see Hot Compress) twice a week over the region of the abdomen will also prove of great benefit in assisting the blood to circulate freely throughout the pelvic and abdominal regions. By this means Viavi is carried by the blood to the generative organs and their tissues, and they derive the necessary nourishment by which a full development is obtained.

The compresses are to be used twice a week, but the cerate is always to be used over the region of the abdomen every night in a thorough manner.

The cerate is also to be used once a day over the region of the bust. It should be applied with a circular movement, and all harshness carefully avoided when treating the chest and mammary glands.

Young growing girls respond readily to the Viavi system of treatment, and the effects from its intelligent use will soon be noticeable. The muscles fill out, the bust develops naturally, the digestion becomes good, the heart light, the spirits buoyant; in short, the girl is made by Nature, with the assistance of the Viavi system of treatment, what she was intended to be—a budding woman, full of the life, spirit and grace that distinguish her sex.

Chapter XXXI.

CONGESTION, INFLAMMATION, ULCERATION.

IN the chapter on the circulation of the blood an outline of the principles of congestion and inflammation was given. As one or more of these conditions are present in all, or nearly all, of the diseases of women, it is well to inquire more closely into them, and have the knowledge thus gained ready for a better understanding of the numerous diseases to be discussed in the following chapters.

Congestion, as has been shown, is an unnatural determination of blood to a part or organ, and is different from the natural congestion that frequently occurs and that is necessary to the organs. Inflammation is a condition in which there is a more or less permanent oversupply of blood in the capillaries, distending and enfeebling them, and producing swelling, tension, redness, pain and heat and impaired function. Ulceration is a destructive change that has set up in the tissues as the result of inflammation and impaired nutrition.

Many Names for Inflammation

Although inflammation, wherever found, is of the same general character, it has many names to indicate its location. The suffix "itis" appended to the name of a part means inflammation of that part. Thus, ovaritis means inflammation of the ovaries; peritonitis, inflammation of the peritoneum; metritis, inflammation of the metro, or womb; urethritis, inflammation of the urethra; gastritis, inflammation of the lining of the stomach; vaginitis, inflammation of the vagina; salpingitis (from salpingo, a tube), inflammation of the Fallopian or Eustachian tubes (in this volume the use of the word is restricted to the first-named tubes); vulvitis, inflammation of the vulva; cystitis (from cyst, a sac), inflammation of the bladder, and so on. These names are mentionel to show how simple they are when their meaning is understood. Many sufferers are needlessly frightened when told that they have a disease called by some formidable name, when it may mean simply an inflammation. These terms are used merely for convenience, but often in a way to discourage a sufferer. It is important, therefore, that she know the meaning of them, for that is the first step to an understanding of the causes that produce them, and hence to intelligent treatment of them.

The Symptoms of Inflammation

Not only has inflammation a special name according to its location, but it produces special symptoms as it impairs the functions of the various organs. Inflammation of the lungs will produce one set of symptoms, of the womb another, of the eyes another, of the ovaries still another. It is from the symptoms that we learn the location and extent of the inflammation, and from the location that we give it a special name. The visible characteristics of inflammation are swelling, or enlargement, hardness and redness, accompanied with a sensation of heat and pain, and impaired function. From these characteristics of inflammation in various parts of the body, although we cannot see them, we know that inflammation exists. We know, too, that all inflammation is of the same general character, and that it is amenable to the proper treatment.

The Nerves Are at Fault

The expansion and contraction of the arteries, by which their calibre is increased and diminished, and by which the blood is drawn into them and forced onward, are controlled by the nerves having that duty to perform. Every blood vessel has its dilating and contracting nerves. When these nerves become weak or paralyzed, the expansion and contraction of the arteries do not properly occur, and the vessels become filled with blood and the circulation is impeded. The walls of the vessels being lax, the vessels, crowded with blood, gradually expand, and some of the elements of the blood escape through the walls into the adjacent tissues. The tissues expand under this accumulation, chemical changes take place, forming impurities and causing heat, and the cardinal symptoms of inflammation appear—swelling, heat, redness and pain, and impaired function. The swelling is produced by the accumulation of blood; the heat is due to chemical changes; the redness is caused by the distension of the capillaries with blood and the escape of blood into the tissues, and the pain is caused by the pressure of the accumulation upon the multitudinous nerve filaments in the affected region.

All these results come from the inability of the nerves to perform their duties. This inability may be due to injury or malnutrition, colds, excesses, neglect, or severe mental strain. Hence it is evident that inflammation is a response to injury or to a disturbance of the mechanism of nutrition, the function of the structures concerned being impaired. When the starving nerves and tissues have taken up the nourishing food of Viavi in sufficient quantities, control of the circulation is regained. The flow of blood to and from the parts becomes normal and the impurities are removed. Such is the specific action of all the forms of Viavi in reducing inflammation, independently of its stage, type or location. When the condition has progressed so far as to destroy the function of the sensory nerves, pain disappears. An extreme illustration of this is seen in gangrene, and often a seriously ulcerated condition of the uterus.

Various Phases of Inflammation

Inflammation is brought about by some cause that acts in an injurious or destructive manner upon the tissues, such as cold, heat, injury, impeded ciruclation from any other cause, or infection.

When from inflammation there is an accumulation of fluid in the joints or the pleural cavity, it is termed serous inflammation.

Adhesive or fibrinous inflammation is so called from the sticky substance that exudes, by which two surfaces are quickly united. This form of inflammation is best seen in the peritoneal cavity. Extensive adhesions of low-grade tissue will form in the peritoneal cavity from fibrinous inflammation in a few hours.

Croupous inflammation is so called from the formation of a false membrane upon the surface of an inflamed mucous membrane.

Gangrenous inflammation belongs to the malignant type.

Where there is liquefaction of the tissues, suppuration occurs which is called suppurative or phlegmonous inflammation. In this form the deeper parts become involved.

Inflammation of the mucous membrane has a tendency to run along the surface. That is why the inflammation may begin at the vulva and gradually extend to the Fallopian tubes and ovaries, or through the urethra to the bladder.

In acute inflammation the swelling increases the temperature, and all characteristic symptoms are rapid and prominent, while in chronic inflammation the symptoms are much less marked. Repeated causes of acute inflammation will bring about a chronic inflammatory condition, and chronic conditions will often be lighted up by acute attacks. When the functional vigor of the nerve supply of a part becomes impaired, the vitality of the tissues is greatly diminished; hence the slightest injury or aggravation from exposure, injudicious exercise, etc., will repeatedly give rise to inflammation, and thus place a woman in a most deplorable condition.

Other forms of inflammation are known as sthenic and asthenic. Acute inflammation in the young and vigorous is called sthenic (strong), while the asthenic (weak) form appears in the feeble and old.

Ulceration is a symptom following inflammation, and it shows perverted nutrition; therefore the Viavi treatment employed for ulceration is identical with that for inflammation. (See treatment for inflammation of the various organs.) Ulcers and open sores are treated in a separate chapter. (See Ulcers.)

The Results of Inflammation

The results from internal and external inflammation, and from inflammation of the various organs, differ greatly, but as the cause is the same, a remedial agency that reduces it in one locality will act as beneficially in another.

Inflammation of the lungs (pneumonia) interferes with respiration, and hence the proper purification of the blood does not take place in these organs. Inflammation of the stomach (gastritis) interferes with the liquefying of the food; indigestion follows, and hence the body is deprived of its normal amount of nourishment. Inflammation of the uterus (metritis) interferes with the functional activity of the whole generative tract; hence the monthly venous purification does not normally occur, and the foundation for pelvic and abdominal tumors and cancers is laid; adhesions form, displacements are brought about, etc., and as the generative tract constitutes the very pivot of the female economy, the pelvic and abdominal regions are the most dangerous locations of the whole body for its development. Simple inflammation in these regions lays the foundation for many obscure and fatal diseases.

The Treatment in Inflammation

Inflammation is prevented by the prompt use of the Viavi system of treatment. This is particularly so in cases of croup and irritating coughs, when the Viavi cerate is applied immediately at the onset of these troubles; and in cases of badly crushed tissue from mechanical injuries. Inflammation and tenderness disappear by its use, and a complete cure follows where the injury receives immediate and continuous Viavi treatment. (See chapters on Wounds, Sprains, Burns, etc.; also see special treatment for inflammation of various parts and organs.)

It is obvious that inflammation is an impeded circulation, by which the functions are impaired and the tissues deprived of nourishment. The same phenomenon occurs, no matter where the inflammation may be located. The symptoms change and vary with the function of the organs which are impaired. Inflammation extends from one tissue to another; it may begin in one place and extend in all directions. There is always a cause, and the removal of these symptoms depends first upon the removal of the cause, and this upon the action of Viavi, which has the strongest affinity for the impaired circulation in the tissues and organs. This being understood, it can be easily seen why the Viavi system of treatment has been taken as the treatment for these conditions into millions of homes, and has been given a prominent place, not only as a specific for uterine inflammation and their sequelæ, but also as a household remedy for the reduction of inflammation wherever it exists in any part.

CHAPTER XXXII.

INFLAMMATION OF THE WOMB.

(METRITIS SUBINVOLUTION.)

IN preceding chapters we learned how readily the womb takes on an inflammatory condition, what this condition will lead to if neglected, why there is so little tendency toward voluntary recovery, and why and to what extent this condition affects the well-being of the sufferer. We shall now approach the subject more closely, and inquire into the causes and treatment of uterine and pelvic inflammation. These cannot be properly understood unless the truths set forth in preceding chapters have been mastered. It is taken for granted that every woman who has become aware of the causes, character and results of her affliction will make every intelligent effort to secure recovery. She cannot do so, nor secure the happiness and comfort that health assures, unless she makes an intelligent study of the subjects treated in this volume.

Kinds of Uterine Inflammation

Inflammation of the womb (metritis) may be either acute or chronic. Acute inflammation is of recent occurrence; chronic inflammation is that which has become established. All acute conditions are much more readily cured than chronic ones. The reason is this: Both conditions are foreign to the purposes of Nature, but in an acute condition the natural curative powers of the system have not been so generally reduced as in a chronic condition, and its more recent appearance invites natural efforts to combat it with more vigor. In a chronic disease, Nature, finding her efforts to cure unavailing, has adapted herself to a greater or less extent to the abnormal condition, though all the time protesting with pain and thus calling upon our intelligence for remedial assistance; but the abnormal condition has become to a certain extent a habit of the system, and we have already learned the strength of habit.

It follows that upon the very first indications of inflammation of the womb we should employ prompt, vigorous and intelligent treatment to overcome it. If we do not, it will merge into the chronic form, and require much more time, effort and expense.

The difference between taking such a case in time and permitting it to exist without proper treatment is illustrated in the following cases, selected from many thousands that Viavi representatives have met: Mrs. W. contracted a cold. The result was acute inflammation of the womb and ovaries. Her sufferings were intense. The prompt use of Viavi under her mother's guidance brought about a perfect recovery in a comparatively short time. Three capsules were used a day, together with a daily hot compress, and two applications of the cerate daily over the region of the spine and abdomen. This required some time and exertion, but no adhesions formed, no permanent enlargement was left, no displacements, and no other unhealthy condition. The recovery was perfect. The case of Miss P. was very different. She was too modest to seek help. She, too, contracted a cold, and then overtaxed her strength by teaching school and being on her feet, when she should have been in bed and under treatment. This sufferer used the Viavi system of treatment three years to obtain the same results that the first patient secured in much less time, as the intense inflammation so seriously interfered with the functional activity within the pelvic and abdominal region that the formation of a number of small fibroid tumors had well progressed.

Causes of Uterine Inflammation

Apart from the special and immediate causes producing inflammation of the womb (metritis), there are general causes that we have already discussed in our inquiry into the origin and character of inflammation. Thus, the extreme sensitiveness of the generative organs to abnormal systemic conditions, such as impaired nutrition, devitalized nerves, unintelligent living, lack of proper food and sufficient rest, sleep and exercise, invites the localization within them of any weakness that may exist generally in the system. If, for instance, the tone of the nerves whose function it is to regulate the elasticity of the arterial walls becomes lowered throughout the system from some general cause, the probabilities are that the ensuing weakness of the arterial walls will become localized in the generative organs, and particularly in the uterus, by reason of the great number of its blood vessels and the sensitiveness of the nerves controlling them. In such cases it is evident that to torture the womb with local treatment has no effect whatever upon the causes producing the condition, and that the Viavi plan of assisting Nature to remove the causes by furnishing vital nourishment is the only rational one. The nervous system must be built up, and intelligent living must be followed.

Specific Causes Encountered

Aside from the general causes that produce inflammation of the womb (metritis) are many of a strictly local character. Among these are the inflammation following delivery (this is generally associated with blood poisoning—septicemia); a sudden suppression of the menses, caused by taking cold; physical injury

from the use of the sound, the curette, pessaries, tents and medications; laceration; the production of abortion; surgical operations upon the uterus; miscarriage; excessive intercourse; venereal diseases; non-development.

Suppression of the menses produces inflammation by stopping the escape of impurities which Nature designed should be removed. Medications have a similar effect. Abortions, miscarriages and surgical operations are violent interferences with natural conditions, and produce a radical nervous derangement that prohibits a natural control of the uterine blood vessels. Excessive intercourse has a similar effect upon the nerves, and so also have displacements, which always retard uterine circulation.

When the inflammation extends from the womb to the peritoneum covering its body or upper end, we have what is called perimetritis.

When inflammation of the womb has become firmly established, it progresses toward ulceration, lays the foundation for tumors and cancers, causes the formation of adhesions, and produces numerous other evils.

Entire Womb Is Involved

It is impossible for one part of the womb to become inflamed without affecting other contents of the pelvic cavity to a greater or less extent; consequently, when we treat metritis, or inflammation of the womb, we include endometritis, which means inflammation of the lining membrane of the womb, as it is impossible for the body of the womb to become inflamed without its lining membrane becoming involved in the inflammatory process. We also include inflammation of the cervix, or neck of the womb (cervicitis), inflammation of the lining membrane of the cervix (endocervicitis), and allied inflammatory conditions.

We know that an inflamed finger will not only involve the whole hand, but the arm as well, and impair their functions. It is the same way within the pelvic and abdominal cavities. Inflammation cannot be confined to one spot, nor treated in one spot to effect a successful cure. We must treat the contents of these regions as a whole. Hence the success of the Viavi system of treatment. If a woman is told that she is suffering from metritis, endometritis, cervicitis, endocervicitis, she becomes terrified from the use of technical names, believing that an operation is the only means of relief. But if she is told that she is suffering from inflammation of the whole womb (which this free use of technical terms indicates), she does not become frightened, but realizes that inflammation here can be as successfully reached by natural treatment as inflammation elsewhere.

The Nature of Subinvolution

A large majority of the cases of chronic inflammation of the womb are due to subinvolution. This means a failure of the womb to return to its natural size after childbirth, abortion or miscarriage. The process of involution, the returning

of the womb to its natural size after childbirth, is not completed, even by a perfectly healthy woman and under the most favorable circumstances, in less than thirty or thirty-five days, and a great many accidents may occur to delay or largely arrest it. Mental shocks, too early intercourse, suppression of the milk, retention of pieces of the placenta, and, commonest of all, the unconquerable and unpardonable proneness of women to leave their beds too soon, interfere with normal involution. Subinvolution almost invariably follows childbirth where a woman has conceived with the womb in otherwise than a perfectly healthy condition. In many cases it is caused by a constitutional condition known as laxity of fiber; this may be peculiar to women in all ranks and to those who look healthy.

Another frequent cause of the failure of the womb to return to its natural size (subinvolution) is neglect after an abortion or a miscarriage. Women of all classes are too apt to overlook the fact that these occurrences, instead of being trifling, are generally more serious than labor, for the simple reason that they are a violent interference with the natural course of events, whereas normal labor is a natural event.

Another cause is a recurrence of the condition in a slight form after each birth. The uterus has not properly regained its normal size after childbirth before another pregnancy occurs. Repetitions of this gradually bring the uterus to a size two or three times as great as it should be, and there is a continuous copious leucorrhea. Prolapse or even protrusion of the uterus is a frequent addition to this condition. This will be more particularly discussed in the chapters devoted to displacements of the womb.

We frequently find married women who date their invalidism from childbirth. These periods of illness extend over many years, from fifteen to twenty, and over. We have reference to cases of subinvolution uncomplicated with laceration—cases in which involution has not occurred properly after childbirth. Where the womb remains large and heavy, as in subinvolution, every monthly period becomes almost a menace to life, if the patient is unfortunate enough to contract a cold or overtax her strength. If the hand, foot or any visible part of the body remained abnormally enlarged from disease for several years, would not its functions become impaired, and would it not become a burden? So it is with the enlarged and heavy uterus, but much more so, as it cannot be put to rest like a member of the body, for it has its function to perform monthly, and this is of vital necessity to the health and life of the invalid.

The Symptoms of Inflammation

The symptoms of inflammation of the womb are many and varied. Inflammation of the womb always causes its enlargement, and enlargement in turn causes displacement; hence the presence of the characteristic symptoms peculiar to the displacement, in whatever direction it may fall, backward, forward, or down-

ward; pain in the abdominal region, in the back; a sense of weight and bearing down in the pelvis, increased when standing, pain in the uterine region when sitting down; leucorrhea; menstrual anomalies of all kinds, with an aggravation of the symptoms during the menses; great heat, with a burning sensation of the cervix and vagina; digestion and appetite become impaired; the lower extremities become painful and lame, often leading a woman to diagnose her case as that of rheumatism; sterility, if it become complicated with inflammation of the tubes and ovaries, while the inflammatory process overlaps and involves surrounding tissues and organs to such an extent that often the whole body from the waist to the feet is hardly free from pain. The upper part of the body is not exempt, by any means. Mental symptoms arise, such as forgetfulness, peevishness, crying easily and for no cause, despondency, melancholia; and even various forms of insanity, more or less severe, may occur. We find also loss of sleep, intense headaches, pain on the top of the head and at the base of the brain; also a marked or peculiar pain between the shoulders, with tenderness of the spine and breasts, which show that the generative tract constitutes the center of the whole female organism, that an impairment of it implicates the whole body; and that by removing the cause—the inflammation within the pelvic region—all distressing symptoms, even in remote parts of the body, disappear.

When to Expect Menstruation

As a rule menstruation should not be expected until at least seven or eight months after delivery, if the breasts are yielding milk to the child; if not, menstruation should not be expected for two or three months after delivery. If, therefore, it is discovered that a woman has had her menses regularly and profusely ever since her confinement, or that she has had a continual blood-colored discharge, with occasional flooding, we may at once conclude that she is suffering from subinvolution or something worse.

The Symptoms of Subinvolution

In cases of chronic inflammation due to the failure of the womb to return to its natural size after childbirth, the womb is always large and hard, and tender to the touch. Enlargement and tenderness of the ovaries will be generally found present, from the fact of the close sympathy existing between them and the uterus.

A woman suffering with inflammation of the womb from any cause finds little of the pleasure of life to which she is entitled. For reasons set forth in preceding chapters, her entire physical economy shares in the disturbance, through the injury suffered by the nervous system. She cannot be a proper wife to her husband nor mother to her children. Unfortunately, she is not in a condition to realize the extent to which her whole nature is impoverished. This fact imposes a special obligation upon the husband to treat

her with every consideration, and do all in his power to assist her to recovery.

Viavi Treatment for Inflammation

The treatment for metritis (inflammation of the womb), endometritis (inflammation of its lining membrane), perimetritis (inflammation of that part of the peritoneum connected with the uterus), cervicitis (inflammation of the neck of the womb), endocervicitis (inflammation of the lining membrane of the cervix), salpingitis (inflammation of the Fallopian tubes), ovaritis(inflammation of the ovaries), vaginitis (inflammation of the vagina), subinvolution, enlargement, erosion, granulation, and laceration is the same. The cause to be removed is the same. The symptoms differ with the locations, and the names merely indicate the location. Removing the cause will remove the symptoms, though they be called by a thousand names. The forms of Viavi used are the capsules, cerate and liquid, together with other forms which the conditions may demand.

In inflammation of the above-mentioned organs and parts the thorough but gentle massaging of the abdomen with the Viavi cerate forms fully one-half of the treatment; it renders the tissues capable of selecting and appropriating from the nutritive fluids the material for their individual regeneration. Curative results follow in proportion to the thoroughness of its use, taking into consideration the gravity of the condition at the beginning. Before massaging the abdomen with the cerate the patron will read the Manner and Rules for Abdominal Massage. Also the chapter on The Forms of Viavi, which fully explains how the skin should be prepared for its application, and its extensive systemic results.

Hot Compress. When the inflammation is acute and not accompanied with profuse discharges of blood, in addition to the daily applications of the cerate over the abdominal region we would advise that the hot compress be used twice a week, or more frequently if the case requires it, over the region of the abdomen. (See Hot Compress.)

Cold Compress. Where the inflammation has existed for some time and is accompanied with profuse and frequent menstruation, we would advise the cold compress twice a week, or oftener if required. See Cold Compress.)

Hot and Cold Compress Alternately. Where the continued use of either the cold or the hot compress debilitates and is not followed by marked beneficial changes, we would then advise the alternate use of the hot and the cold compresses.

Pendant Abdominal Massage. Excellent results will follow tne use of the pendant abdominal massage (see Pendant Abdominal Massage) in inflam-

mation of the above-mentioned organs, unless complicated by frequent flooding spells or a cystic condition, when the pendant abdominal massage is not to be used.

Cerate on Spine. The cerate is always to be used daily over the spinal region. (See Cerate on Spine.) When the patient is obliged to apply the cerate herself over the spinal region, she should place the cerate on the back of the hand instead of the palm; this makes that region easy of access.

Peritoneal Massage. The cerate should always be used thoroughly over the muscles forming the floor of the pelvis. Its application here is largely instrumental in helping to reduce inflammation and overcome displacements. It also affords great relief from sensations of downward pressure in this region. (See Peritoneal Massage.)

Douche. One douche at night just before placing the capsule is a necessity. The douche is for the express purpose of cleansing the vaginal tract, so as to promote absorption of the capsule. If profuse leucorrhea exists, a douche night and morning will be a necessity. (For manner of taking douche see Vaginal Douche.) Vaginal douches are not curative, but are hygienic aids to the Viavi system of treatment.

Reclining Abdominal Massage. When the patron has but few conveniences, has worked hard all day and her bedroom is cold, we would advise that she retire, after which the abdomen should be sponged off with a little warm water and vinegar, thoroughly dried, and the cerate then applied, nightly, as follows: (See Reclining Abdominal Massage; also see Cerate on Spine; How to make self-application of same.)

Bowels. The bowels should be regulated with the Viavi laxative, as constipation alone aggravates inflammation within the pelvic regions. (See Viavi Laxative, also see Kneading of Bowels in Hygiene.)

Circulation. A good circulation of the blood is also a necessity. It can be established by employing one of the baths (see Baths) most convenient to the patient. The Hygienic Department will also advise individually as to which bath will be best for the patient to use by which the best results can be obtained.

Displacements. If displacements are present, see Positions for same.

CHAPTER XXXIII.

ENLARGEMENT OF THE WOMB.

FROM a study of the structure of the womb, given elsewhere in this volume, we can understand why congestion or inflammation of the womb causes great enlargement of that organ. In brief, the reason is that the blood vessels of the womb are not only very numerous, but exceedingly tortuous, or kinky, resembling loops; this is a wise provision of Nature to prevent the rupture of the blood vessels from the enormous stretching occurring in pregnancy. If the vessels were straight, or approximately so, as in other parts of the body, we can see that their walls would tear asunder from the strain of pregnancy. The wonderful provision that Nature makes for preventing such tearing adds to our reverence for her wisdom, but we cannot have this reverence without acquiring knowledge of the facts upon which to base it.

The Effects of Congestion

The walls of the uterine blood vessels, like those everywhere else in the body, have their particular sets of nerves whose function it is to maintain the calibre of the vessels, and thus enable them to keep the blood moving naturally. If these nerves lose their tone, they cannot perform the work assigned to them, and in consequence the walls of the blood vessels become lax; the blood cannot be kept moving properly; it accumulates in the vessels, distending them greatly, and causing them to press upon the nerves traversing the tissues of the womb, thus producing pain and distress, not only in the womb itself, but also in the small of the back and in the lower part of the brain. As there is a great abundance of these vessels, and as the lax condition of their walls renders them highly distensible, their congestion with blood greatly increases the size of the womb. Many persons are familiar with the appearance of varicose veins. That is a condition in which the walls of the veins have lost their strength and become lax. The veins fill with blood and puff out. This will illustrate, though not accurately describe, the condition of the uterine blood vessels in congestion, and as they are so crooked, the distension is great.

There is another source of enlargement from congestion. The stagna-

tion of the blood in the vessels prevents the proper feeding of the uterine tissues and the removal of their waste, with the result that they undergo important changes, and the muscular fibers take on a low grade of tissue enlargement. Again, following pregnancy there are many cases of subinvolution, as explained in the chapter under that heading, which see.

The Results of Congestion

As has been pointed out in previous chapters, congestion inevitably tends to produce the permanent condition known as inflammation. In this stage the destructive processes at work in the tissues are more advanced, and tend steadily to ulceration. The rational course is to take the congestion in hand as soon as it appears, and check it before it develops the more advanced and serious changes. A knowledge of the manner in which the Viavi system of treatment affects the nerves and tissues involved in this condition renders easy an understanding of the readiness with which it overcomes congestion. Viavi advocates greatly prefer to see disease cured in its incipiency than to wait until the conditions become more or less permanent and refractory.

Character of the Enlargement

The enlargement may not be uniform, for one part of the womb may be much more enlarged than another. This is because of unevenness in the weakness developed by the nerves of the blood vessels. The womb may be large and soft, or it may be large, indurated (hard) and extremely sensitive to the touch; on the other hand, its sensory nerves may be so impaired by the conditions present, that the womb may be devoid of sensation.

Enlargement of the womb causes more disturbance and distress than would a large degree of displacement without inflammation. The reason is that it encroaches upon surrounding parts and places a greater strain upon the ligaments supporting it. When these are healthy and not overtaxed, they are elastic, and move regularly with breathing. If they are under an undue strain from enlargement, this movement is retarded, causing an impairment of strength and function, and also pain and distress. They bear up under this strain as long as possible, but presently they give way, and the womb becomes displaced as well as enlarged. An enlarged womb will become displaced sooner or later, and then we are presented with a two-fold source of pain and of drain upon the strength of the entire system.

The Causes of Enlargement

The causes of enlargement are those already discussed under the chapters relating to the circulation, congestion and inflammation of the womb. The subject cannot be understood without an understanding of those chapters. It is impossible for any woman to understand her condition too thoroughly upon these subjects. The knowledge will be of inestimable value to her in every way.

Among the causes of enlargement may be mentioned the following: Inflammation of the womb from excessive coition, laceration, curetting, abnormal menstruation, adhesion of a part of the placenta after childbirth, the refusal of the womb to return to its natural size after confinement, tumors and other abnormal growths, a sudden stoppage of the menses, inflammation of the ovaries, venereal diseases, dropsy, and a general lowering of the nervous tone of the entire system from severe fevers and other ailments of all kinds.

To show the gradual progress of disease or of one abnormal condition overlapping and running into another, we cite the case of a woman who fifteen years before commencing the Viavi system of treatment was lacerated at the birth of her first child. This prevented the womb from returning to its normal size, and subinvolution, or enlargement, was the result; then followed retroversion and prolapsus, ulceration, backache, headache, intense inflammation with adhesions of the ovaries, palpitation of the heart, and extreme nervousness. Her mind was a blank, and the only relief offered her was through a surgical operation for the removal of both the womb and the ovaries. After commencing the use of the Viavi system of treatment she seemingly grew worse for several months, until discharges commenced passing away, which revealed the cause of the pain, as it was Nature's effort to rid the system of a tumorous condition, the foundation of which was laid at the time of the laceration. It is now years since this patron recovered her health, and up to this time there has been no return of former troubles, thus showing that her cure is permanent.

Enlargement and Pregnancy

As is elsewhere explained, the pelvic cavity is very small, and the generative organs are snugly packed within it, each designed to occupy a certain amount of room. The unnatural enlargement of any one of them distresses all the others and interferes with their working and health. A most instructive lesson may be learned by contemplating the difference between the conditions arising from enlargement of the womb by disease and by pregnancy. For a certain length of time after conception (which is thoroughly discussed in a subsequent chapter) the womb remains in the true pelvis, but its enlargement there in no way interferes with the other organs or gives them the least distress. That is because pregnancy is a natural condition; enlargement of the womb from disease is not. We can well imagine that the other organs are made aware through the nervous system that conception has occurred and that the uterine enlargement following it is natural, and that therefore there is no cause for uneasiness. Possibly another reason for this absence of distress among the other organs is that in pregnancy the nerves binding the generative organs into a system are not diseased, while in enlargement from disease they

are. Certain it is that enlargement from pregnancy causes no distress among the other organs, and that unnatural enlargement does. It is the old lesson taught again, that natural processes are painless and abnormal ones painful, and that pain is evidence of disease.

Another Curious Difference

As the womb continues to enlarge in pregnancy it rises out of the true pelvis into the false pelvis above; and there, even though it grows to an enormous size, it does not interfere, in health, with the perfect working of any of the abdominal organs. A tumor of that size, being an unnatural growth, would interfere with the working of every vital organ, would greatly reduce the strength of the sufferer, and be a constant menace to her life.

While in pregnancy the natural forces governing the conduct of the womb raise it into the false pelvis, where it will have room to expand, in enlargement from disease the opposite course is found. These forces lose their power, and the womb gravitates downward, producing a tilting or bending out of position, or prolapsus. A better opportunity than this for learning the vital difference between natural and unnatural conditions could not be found. This difference is completely ignored in those forms of treatment for enlargement which resort to unnatural instead of natural means. Outside the Viavi method the natural treatment of enlargement is unknown.

Two Treatments Discussed

The first thing to consider in connection with enlargement of the womb is that, like all other enlargements produced by congestion or inflammation, it is amenable to rational treatment. Outside the Viavi system of treatment surgery is the only means known for treating this condition. Of course, this ignores the causes producing the condition, and in consequence the treatment is unsuccessful. Cutting or scarifying the cervix to relieve congestion is so irrational that the fact needs only to be mentioned to be evident. Operations to shorten the ligaments—called plastic surgery—so that they will not permit the womb to gravitate out of place, can only offend the intelligence of enlightened minds. Besides, such treatment does not reduce the enlargement. It is not to be wondered at that, outside the Viavi system of treatment, surgery is the only relief offered women for this distressing affliction, for physicians, as a rule, are as helpless in treating this condition in a natural way as they are in the case of cancers and tumors.

The Viavi system of treatment enables Nature to remove the cause that produces the condition, and then the condition disappears. It feeds and builds up the nervous system, makes the blood healthy and nutritious and the circulation strong, feeds the tissues, and thus establishes the conditions by which Nature can remove the diseased condition present. All of the processes of

the cure are natural, because they are performed by Nature, the treatment merely lending the aid that she lacks. No natural functions are interfered with, but all are strengthened. None of the conditions of healthy organic life are impaired, but all are made sound and strong. The foundation is thus laid for permanent healthy conditions after health has been secured.

The Viavi system of treatment for enlargement of the womb is the same as for inflammation of the womb, set forth in a preceding chapter.

Chapter XXXIV.

ADHESIONS.

An adhesion is the unnatural union of two surfaces as the result of inflammation or abrasion. The chapters on peritonitis and the anatomy of the generative system will explain many things that are omitted here, connected with the subject of adhesions. It may be stated broadly that the peritoneum is the membrane lining the abdomen, partially covering the various organs there and in the pelvis, and that one of its purposes is to afford a slippery surface by which the various organs may rub against each other without friction and injury. For this purpose it exudes mucus in the proper quantity. Here again we see a wonderful provision of Nature, for as the organs are constantly moving, both in the movements of the body and in the performance of their functions, the absence of such a provision would produce serious results.

Inflammation or other injury of the peritoneum causes the production of a thick, gluey exudation, and this tends to make opposing surfaces where it appears stick together. In a short time, often in a very few hours, this union becomes permanent, but the uniting tissue is always of a low grade, and Nature's object to provide the organs with perfect freedom of movement within their proper bounds is defeated. Thus we have a condition of disease, with pain, discomfort, and an interference with the proper working of the organs.

The Origin of Adhesions

Inflammation of the peritoneum (peritonitis) is the cause of adhesions; it may also be produced by surgical operations and diseased conditions of the organs. When once peritonitis has set in, it may spread with great rapidity, producing, upon its subsidence, extensive adhesions. As the intestines are covered with the peritoneum almost their entire length, they may become matted in one solid mass; or the inflammation may be circumscribed, producing adhesions among the uterine organs. The fimbriated ends of the Fallopian tubes may adhere to the ovaries, or the womb, tubes and ovaries may be all found adhering to the surfaces adjacent to them. The more severe and extensive the in-

flammation, the greater the extent and firmness of the adhesions. Thus it will be seen that these adhesions are adhesions of the peritoneum with itself.

The symptoms of adhesion are not easily differentiated from symptoms of other conditions. There is generally a feeling of something being bound, and of pain from motion.

Healthy Activity Arrested

In the chapter in which activity is discussed it will be seen that anything designed to be active must suffer if its activity is hampered. It is equally true with a loss of activity of the organs from adhesions. We are discussing now all possible peritoneal adhesions, for the Viavi system of treatment is efficacious for all. Most of such adhesions are found in the pelvic cavity, for it is there that diseased conditions are oftenest encountered. In a large proportion of the women whom surgeons cut open, adhesions are found. Few of them are aware of that condition, for the reason that the pains to which it gives rise are generally lost or overlooked in the pains caused by the original disease.

The arrest of any organ's activity interferes with its function. From this condition nervous irregularities of all kinds arise, with a general bad effect upon the entire economy.

As every disease of the uterine organs invites peritoneal inflammation and adhesions, the wise course is to prevent the advent of that additional affliction by curing the original disease before this complication has had time to arise.

Character of the Adhesion

Adhesive tissue is of a low grade, containing no nerves and but a meagre blood supply. Adhesions do not follow all inflammatory conditions, only those of a fibrinous character producing from the blood in the capillaries the lymph that causes adhesions. It is largely a question of the gravity of the inflammation and the depth to which it affects the tissues beneath the peritoneum. Every inflammatory condition, however, is a threat that the kind producing adhesions will be developed.

Nor does every exudation of lymph mean that adhesions must necessarily follow. As soon as the exudation begins the absorptive powers of the system come into play to dispose of it. If these powers are sufficiently strong, or the amount of lymph exuded is not greater than they can handle, the lymph will all be absorbed and no adhesion will result. If the amount exuded in excess of that absorbed is great, a very dense and firm adhesion will result; but often the adhesion is so slight that it will separate of its own accord if assisted by a slight strain. Thus, an adhesion of the womb in displacement may give way under the Viavi system of treatment, even before being absorbed, and the womb become reduced in size and enabled to resume its natural position.

Evils of Surgical Treatment

The only treatment known to ordinary methods is to tear the adhesions loose by force. For this purpose, if adhesions are the object at which the surgical measures are aimed, the abdomen is cut open, the various organs of the abdomen and pelvis turned over and examined, and the adhesions forcibly loosened when found. It is unnecessary to dilate on the dangers and irrational character of this method of treatment. Nature had already given the clue to the proper treatment by showing her power to get rid of much of the gluey lymph as soon as it appeared. The principle of absorption was employed in that process —one of the most important forces in the body.

The Viavi system of treatment, recognizing that simple fact, aims to bring up the absorptive powers of the system to the point at which they will be able to absorb the adhesive tissue. This it does successfully, doing away entirely with all the violence and dangers of the surgical method. It is merely a matter of bringing the natural powers of the system up to their normal standard; when that is done, as it is most successfully done under the Viavi system of treatment, Nature thoroughly removes the abnormal condition represented by adhesions. The adhesive tissue is gradually and naturally absorbed when that is done, the adhering parts separate, and the organs right themselves into position and enjoy the freedom essential to their healthy working. At the same time the diseased conditions that caused the adhesions are removed.

Viavi Treatment for Adhesions

That the Viavi system of treatment assists Nature to absorb this adhesive tissue has been repeatedly demonstrated in cases where the womb, having been bound down and rendered immovable by adhesions, becomes movable under the treatment, and moves back into position. Where growths in the breasts have adhered to the ribs, the adhesions have become absorbed and broken loose, by the use of the Viavi system of treatment, and these glands have regained their mobility. An illustration of the efficacy of the treatment in overcoming this inflammatory product was in the case of Mrs. B., whose breast had been removed. The cicatricial tissue, or scar, left from the operation, which was between four and five inches in length, had adhered to the bones. The Viavi treatment was used, this adhesive tissue became absorbed, and normal mobility was restored. This is but one of many similar cases.

We recall also the case of a young woman who, shortly after marriage, suffered from a severe attack of peritonitis. The womb was found retroverted and firmly bound down by adhesions. Under the Viavi system of treatment, with hygienic aids, pendant abdominal massage daily, assuming the knee-chest position and the adhesions were entirely absorbed and the enlarged and displaced womb became normal in size and moved back into position.

The treatment of adhesions within the abdominal and pelvic regions is the same as that given for metritis, or inflammation of the womb, with the exception of the pendant abdominal massage (see Pendant Abdominal Massage), which then becomes a necessity, in assisting Nature to break loose and weaken the adhesive tissue.

Chapter XXXV.

CURETTING.

THE operation known as curetting is for the purpose of scraping away the lining membrane of the womb. The instrument with which this is accomplished is of a spoon or scoop shape and is either sharp or dull upon its edge.

The operation is performed by first introducing a speculum into the vagina, with which it is gradually distended. This enables the operator to fasten a sharp hook or hooks into the muscular tissues of the neck of the womb, by which means this organ is dragged downward and outward to the vaginal orifice. The os, or mouth, of the womb is then dilated, and the curette is introduced into the cavity of the womb and repeatedly drawn outward. The pressure of the sharp edge of the instrument against the inner walls of the womb scrapes or cuts away its lining membrane. The cavity of the womb is then washed out and packed. This operation of scraping away the lining membrane is for the express purpose of causing a new lining membrane to form. If the chapter on Menstruation has been read it can be easily understood that if Nature is given the proper assistance, as is done with the Viavi system of treatment, she will not only throw off the diseased lining membrane, but is enabled as well to grow a new and healthy one without surgical interference.

Injury Done to the Womb

The dragging downward of the womb the length of the vagina, out of its normal position, is in itself a serious procedure. It so stretches the ligaments of the womb, the posterior wall of the bladder and the anterior wall of the rectum that it requires both treatment and care before these over-stretched parts regain their normal elasticity and condition, if ever they do. If adhesions are present they are likely to be torn loose and internal hemorrhage may occur.

The dilation of the os is another part of the operation that proves injurious, so much so that surgeons differ greatly as to the best of the various methods advised and employed. If the organ is hard, or indurated, the dilation becomes a serious operation in itself. Before the neck of the womb can

be made sufficiently large to introduce the curette, the bruising of the tissues by the dilating instrument causes the most agonizing pains. If the dilating is rendered painless by anesthetics, that does not prevent in any way the injury done the tissues, as they in no way relax. Nature opens the os from within outward, operators from without inward.

The womb resents mechanical interference more than any other organ of the body, and it requires most careful manipulations and dilations to open the neck of the womb sufficiently to allow of the introduction of the curette. Note the unwillingness of a rosebud to unfold by mechanical interference, and how the petals refuse to separate, and the bruised, unnatural appearance of the bud that has been opened, and this will give some idea of the resistance of the neck of the womb and the bruising of its tissues by this forcible dilation.

The neck of the womb, with its outward and inner openings, acts as a double guard to the cavity of the womb itself, which is the cradle of the race.

A List of Evils Accomplished

If the greatest antiseptic precautions are not taken, blood poisoning results. The puncturing of the uterine walls with the curette is not an unfrequent accident, especially where the walls of the womb are soft, such a condition being present as leads to flexions. Often the curette is thrust entirely through the uterine walls into the peritoneal cavity. Curetting in obscure pregnancies is the cause of abortions. Uncontrollable hemorrhages may result, or there may result a complete obliteration of the uterine cavity, the muscular tissues being so torn by the curette that a complete union of the walls results.

A diseased lining membrane never exists independent of a diseased condition of the womb itself; the whole organ is implicated more or less. It would be as sensible to scrape away the lining membrane of the stomach to establish a healthy reaction in that region as to scrape away the lining membrane of the womb for the same purpose.

The openings of the Fallopian tubes into the fundus of the womb are exceedingly small; curetting leaves them raw, bruised and bleeding, and they frequently become entirely obliterated by the inflammatory process which follows this operation. It should be remembered that these openings are only sufficiently large to admit a very small bristle. This occlusion leads to diseases of the tubes and ovaries, to painful, suppressed and irregular menstruation, and to other complications that are difficult to overcome.

A large number of sufferers coming under the Viavi system of treatment have submitted at some time in their lives to this operation, some of them many times, each time being led to believe that it would be the last. One woman had submitted to twenty curettements, and though but little could be expected even under the Viavi system of treatment, the recovery was all that could be desired. Large numbers of women have placed themselves

under the treatment for a suppression of the menses resulting from curettements.

Difficulties in Menstruation

It is necessary for the lining membrane to be thrown off before the menses can appear, but before this occurs, Nature prepares the organ for the throwing off or shedding, of the membrane. In curetting, the womb is not prepared to cast off its membrane; hence a normal membrane is not formed. It is thick and hard; hence when the menses appear it becomes exceedingly difficult to cast off this scarified covering. Every succeeding curettement causes the inside of the womb to become more and more abnormal, and the membrane to change from an exceedingly thin, tissue-like affair into a thickened and tough covering. Curetting is harsh, unnatural and radical, three conditions which should always be carefully avoided in the treatment of diseases peculiar to women.

A physician's widow who came under the Viavi system of treatment and was cured of membranous dysmenorrhea said that other women might submit to having their wombs house-cleaned with the curette, but that she much preferred to assist the womb by means of the Viavi system of treatment to house-clean itself, which it would do regularly every month if given half a chance.

The Operation Is Illogical

Curetting is resorted to because those who employ it have no better means of treating the condition that they wish to overcome. Besides all the dangers that accompany it is the patent fact that it cannot possibly remove the cause of the condition at which it is aimed. It cannot supply the blood with nutriment. It cannot produce a healthy circulation. Instead of toning and strengthening the nerves, it irritates and therefore enfeebles them. It cannot produce a condition in the uterus that will enable it to form a healthy lining and shed it easily and naturally in menstruation. It cannot do any of the rational and beneficial things that Nature could do if she only were given the assistance that she requires. Instead of aiming to help Nature, it endeavors to force her processes. This is beyond any human skill.

The Viavi system of treatment is just the reverse of all this. It imposes no torture. It commits no outrage upon Nature. It produces no abortions. It attempts no violence, and hence avoids the dangers that violence invites. Instead of all this it gives just the assistance that Nature requires to remove the diseased condition existing. It assists in building strong, healthy tissue. The Viavi system of treatment has rendered curetting unnecessary wherever it is employed.

CHAPTER XXXVI.

LEUCORRHEA.

THE word leucorrhea means a white flow. It is so called to distinguish it from the colored discharges from the vaginal orifice, such as the menses and flooding. In color it may range from a white glairy mucus to a yellow or greenish tinge, due to its purulent or fetid character. In some cases it has a creamy consistency; in others it has a curdled appearance. It usually develops during the menstrual life of a woman, though inherited cases in children are frequent. It is the commonest of all the diseases that afflict women, nearly every woman being troubled with it at one time or another, to a greater or less extent. The deplorable feature of the matter is that women as a rule do not regard it in its true light as a serious affair representing a condition in which no woman can be healthy, and leading infallibly to graver conditions, unless its cause is removed.

An Indication of Disease

In a condition of health the linings of the vagina and womb secrete a sufficient quantity of mucus for the natural purposes of the organs. This secretion, being natural, represents no unhealthy drain upon the system, but is necessary to the general health and tone of the organs. When this secretion becomes excessive, we know that disease exists. In salivation, for illustration, the salivary glands secrete a great deal more saliva than is needed in the preparation of the food; the same condition is observed sometimes in gastritis. In both of these cases we know that disease exists, and that the excessive secretion is evidence of the fact. In certain diseases of the eyes the lachrymal glands are too active, and secrete an excess of tears; the diseased condition causes it. In diarrhea the lining of the intestines becomes abnormally active and causes an oversecretion of mucus, which thins the stools; we know in such cases that disease is the cause. In bronchitis and pneumonia the lining of the bronchial tubes is inflamed, and this causes an excessive secretion of mucus, which we cough up; that means the presence of disease. It is so in catarrh of the nose. Hence we are compelled to realize that if there is an

excessive flow of mucus from the vaginal orifice, a condition of disease exists, and that the flow is evidence of the fact.

Leucorrhea begins so insidiously and gives so little trouble for a long time that it attracts little attention. For that reason it generally has become chronic before anything is done to cure the disease of which it is evidence. As a chronic disease is much more difficult of cure than an acute one, it behooves all women to watch themselves carefully in this regard, and adopt treatment as soon as the first signs of leucorrhea appear.

Two Kinds of Leucorrhea

The immediate condition producing leucorrhea is analogous to that producing catarrh of the lining membrane of the nose. It is a great deal more serious that that, however, for several reasons. One is that the far greater sensitiveness of the nerves of the generative system renders them much more susceptible to injury from the presence of an inflammatory condition; another, that a diseased condition in one organ of the generative system affects all the other organs; another, that this affection has a far greater effect upon the entire nervous system; another, that the injurious products of a diseased condition in the uterine organs are more readily absorbed into the system than those of any other part of the body.

Leucorrhea may originate either in the vagina or the uterus. If in the vagina, it is called vaginal leucorrhea; if in the uterus, uterine leucorrhea. In severe cases the two forms may exist together, through the sympathy that exists between the organs. As the discharge represents a diseased condition of the linings of the organs, it follows that the longer the diseased condition exists the more deeply these linings will become involved and the longer will be the time required to bring them to a condition of health.

A Portrait of a Sufferer

A woman suffering with a serious case of leucorrhea—and every case will become serious if neglected—unconsciously proclaims her condition to all eyes beholding the pitiable condition she is in. Her emaciation, her dull and heavy eyes, her sallow skin, the dark circles under her eyes, her repugnance for the joyous things of life, declare her loss of beauty and loveliness, and clamorously publish the wreck of her womanhood. Her occasional dizziness and palpitation of the heart, her inferior digestion, her neuralgia, her silly conduct springing from hysteria, her attacks of despondency and melancholy, the impairment of her memory and power of concentration, her difficulty at times even to recall the names of her children— these indications, or any of them, announce that the vital centers of her being have succumbed, and that she is but a wretched semblance of the glorious creation upon whom the Almighty had expended miracles of forces that she might be the most beautiful thing in the world, the mother of men, a power of infinite good in the uplifting and

purification of the race, the inspiration of much that is noblest in humanity, the chastener and sweetener of life, the bright star lighting the road to heaven.

To the extent that a woman has leucorrhea, however slight, her womanliness is impaired. She is less a wife, less a mother. It is all the more pitiable that she is likely to be unaware of the fact. And not alone is it the wife or mother whose life is thus poisoned, and who poisons the lives of her husband and children, but girls and unmarried young women by innumerable thousands are sufferers from this insidious and life-sapping malady. What in all the world is daintier, more gracious, more charming than a girl glowing with the cleanliness, sweetness and purity of health? What picture does the sunlight touch with a softer, tenderer grace? Where else may we seek the source of a spell so wonderful, so potent, so exquisite? Upon what other thing under the sun has the Creator lavished bounties so rich, so varied, so inspiring?

The young sufferer with leucorrhea is as far from that bright picture as the darkness of caverns is from the glorious light of the midday sun. The bloom that puts the blush of the rose to shame has faded to the pallor of the crushed and discarded lily. The sunlit road of life has been closed, and a dark and lonely byway entered. The roundness, graces and purity of youth have yielded to the harshness, uncleanliness and repulsiveness of disease. And the pitiful part of it is that the sufferer is ignorant of her unloveliness, does not understand why she fails to exercise the charm that is her right, comes to regard her isolation and neglect as unjust, and, aided by the mental and spiritual impoverishment that she suffers by reason of her affliction, drifts into a hopeless, vacant, indifferent life, and in bitterness reflects what she should have been instead of a sufferer with the miseries of a broken life.

The Causes of Leucorrhea

The immediate cause of leucorrhea is a catarrhal condition of the linings of the parts, just as a discharge from the nose indicates a catarrhal condition of the lining of that organ. The discharge is the product of an inflammatory condition. The chapter on Congestion and Inflammation gives a clear understanding of this condition and of the general results to which its neglect will lead. In leucorrhea, besides the general systemic conditions of which the affliction may be merely a symptom, special local causes may be present. Among these are menstrual derangements, displacements of the womb, uncleanliness, pregnancy, prolonged nursing, abortions, miscarriages, excessive intercourse, cervical laceration, piles, ulcerations, tumors, a sudden suppression of the menses, cold or wet feet, damp clothing, tight lacing, the wearing of heavy skirts, violent exercise during the menstrual period, the use of cold water or other harsh injections to prevent conception, and the wearing of pessaries, tents and the like.

It will be observed that all these causes are of an irritating character, except those associated with colds and suppression of the menses. The ex-

treme sensitiveness of the membranes lining the vagina and uterus renders them peculiarly susceptible to inflammation, and requires intelligence for their care.

Where the cause is constitutional, as from anemia, scrofula, consumption, malaria and the like, the closest inspection will fail to disclose any local cause.

Some Effects of Leucorrhea

In addition to the effects of leucorrhea that have already been indicated in the paragraph discussing its symptoms, the following may be enumerated: The discharge represents a severe and constant drain upon the system. The discharge is rich in some of the most valuable constituents of the blood; hence with the flow there is constantly being drawn from the system, and every part of it, important nutritive elements that were designed to supply the needs of the body at large. The system is unable to meet the deficiency, principally for the reason that instead of being furnished with the extra strength required for the task, it is weakened by the discharge. In addition, the nerves centering in the affected parts set up a nervous disturbance in the spinal cord and the brain centers having to do with the generative organs, with the result that, as we have seen in former chapters, they communicate their condition to the entire nervous system, and thus impair all the functions, some more, some less; the weaker and more susceptible suffer first and most.

Thus we can understand why pains in the back and head appear, why the digestion is disturbed, why the action of the heart is weakened, why an enfeebling of the nervous control of the blood vessels weakens the circulation, why the feet swell, why an impoverished condition of the blood renders the sufferer pale, why starved muscles are weak and flabby, why stagnation of the blood produces tumors, and why the many other things that result from neglected leucorrhea must occur sooner or later.

Other Effects Observed

In some cases of leucorrhea the mouth of the womb closes, owing to the sticky character of the discharge and the inflamed condition of the cervix. As a result, mucus accumulates within the womb, and it is finally expelled by labor-like contractions of the womb, giving rise to uterine colic.

With uterine leucorrhea there is generally painful menstruation, for the reason that the lining is diseased and cannot be shed normally during menstruation.

When the condition of which leucorrhea is evidence has become chronic, the blood supply of the uterine organs is seriously interfered with, and the blood has been rendered impure by its absorption of the poisonous products of the disease. As a consequence, abnormal growths may appear in any of the organs—vagina, womb, Fallopian tubes or ovaries. It should be borne in

mind that leucorrhea is not a disease, but a symptom of disease, and that the condition of which it is a symptom will inevitably lead to grave results unless they are eradicated.

Under the inflammatory condition present in uterine leucorrhea, the womb gradually enlarges, and eventually becomes too heavy to be held in place by the ligaments designed to support a womb of normal size. Or the affection may extend to the ligaments themselves, and thus increase the evil. In either event, the womb becomes displaced. In a succeeding chapter we shall see what a serious matter displacement is.

A serious and trying result of neglected leucorrhea in many cases is the excoriating (burning) character of the discharge, rendering the skin sore and setting up acute inflammation of the external genital organs. Or the acrid discharge will affect the mucuous membrane over which it passes.

Leucorrhea in time entirely destroys the chief function of the vagina. Its walls become loose and flabby. Thus sexual commerce becomes unsatisfactory and incomplete. Displacements also occur from this same loss of tonicity.

Unwise Mode of Treatment

The temptation to resort to astringent douches to stop the flow is exceedingly strong, and is widely advised under the ordinary method of treating the diseases of women. A little reflection will show how unwise and hurtful such a practice is. In the first place, it completely ignores the cause of the disease; unless this is removed the disease cannot be cured. In the second place, in many cases where the disease is deep-seated and complicated, the discharge acts as a safety valve until the cause is found and overcome. Besides that, in ordinary and uncomplicated leucorrhea the sudden application of a solution of alum, or other astringent, to the highly sensitive membrane will be very apt to derange its capillary circulation and thus produce or aggravate the inflammation. To dam up the flow brings about complications that would tax the best skill to reach, extending to the tubes, ovaries, etc. These injections have an injurious effect reaching far beyond the immediate generative organs. Some of the worst cases of gastric indigestion that we have treated were clearly traceable to astringent vaginal injections used to check leucorrhea. The only rational treatment of leucorrhea is to remove the cause producing it, and the only measures that can produce satisfactory and permanent results are natural ones. This is just what the Viavi system of treatment is.

Rational Means Employed

No knowledge concerning the origin and effects of leucorrhea is required for its cure by means of the Viavi system of treatment. The knowledge has been furnished here for the information of women who desire the benefits that it will impart. It should be an important matter to every woman to know how to

avoid leucorrhea, what evils its neglect will surely bring, and what treatment appeals to her common sense as being the rational one.

It matters not what the cause of the disease may be, the Viavi system of treatment is adapted to it. This can be appreciated from an understanding of the preceding chapters of this volume. While a woman is under the treatment she must, of course, avoid any conduct that would tend to weaken her system or produce local irritation. She should understand all that has been said about rest and sleep, the blood and its circulation, the wearing of proper clothing, the use of a separate bed, the avoidance of sexual excesses, and all the other matters that appeal to a serious woman's common sense, conscience and sense of prudence. If her husband is led to understand all that is required, his manhood may be depended on to lend all the assistance that he can give. He naturally desires his wife to be well, for if she is afflicted with leucorrhea, she cannot be a wife to him in the full sense.

How a Cure Is Effected

The Viavi system of treatment, by assisting Nature to remove the cause of leucorrhea, puts a stop to the discharge gradually and naturally, so that when a woman is cured she is cured, and no occasional nor frequent patching has to be done; and she will remain well if she does not again permit the causes producing the disease in the first instance to arise.

If the discharge is produced by inflammation, the Viavi system of treatment will assist Nature to overcome it by reducing the inflammation; if by tumors, it will cause the foreign growth to be expelled or absorbed; if by cervical laceration, it will assist Nature to heal the laceration; if by anemia, it will furnish the blood with the nutriment that it requires, and will further assist the digestive and assimilative functions to that end; if by miscarriages, it will give the strength that renders miscarriage impossible; if by displacement, it will reduce the size of the womb and enable it to return to its natural position; if by ulceration, it will remove that condition. With the cure, all of the painful or annoying symptoms of the disease will disappear. A woman cured of leucorrhea experiences a feeling of relief and cleanliness, of strength and lightness, that gives her infinite pleasure.

It makes no difference whether the disease is of recent appearance or long standing. Of course, chronic cases require much more time to cure. This will call for patience and perseverance on the sufferer's part, but her reward at last will more than repay the effort.

As many young girls are afflicted with leucorrhea, often without the knowledge of their mothers, or even of the girls themselves, it is highly important that every mother should ascertain the condition of her daughters in this regard and lose no time in removing it. The Viavi system of treatment is

especially efficacious in all such cases, and can be employed as easily as in the case of adult women.

Some Instances of Recovery

It is a well-known fact that leucorrhea, outside the Viavi system of treatment, baffles the most expert medical skill as completely to-day as it did a century ago. Here, among many thousands of others, is the case of Mrs. G., who for thirty-two years had employed the best medical advice for leucorrhea. When she came under the Viavi system of treatment she was a complete physical wreck. Her teeth had been destroyed by the strong medicines that she had taken internally, the womb had become badly prolapsed and bled upon touch, and she suffered from dyspepsia, headaches, weak sight and numerous other ills. Her condition was produced by a cold contracted during the first menstrual period. It resulted in inflammation of the womb, with the symptom, leucorrhea, as the visible result. Under the best medical care the discharge grew worse for thirty-two years. A perfect recovery was secured under the Viavi system of treatment.

Another case was that of a woman, then the mother of a grown daughter, who had inherited the leucorrhea from her mother, her daughter also having inherited the trouble from her. The mother's condition had become bady complicated, the daughter weak, pale and debilitated. Both responded with surprising rapidity to the Viavi system of treatment, showing that although leucorrhea be inherited, it can be successfully reached by the treatment.

Another chronic case, one that required a careful and continued treatment, was that of a woman thirty years of age, who had been obliged to wear a napkin constantly for fifteen years. The discharge was both purulent and profuse. This case had been pronounced incurable by the best physicians at home and abroad. Only those who have suffered in a similar way can understand this woman's gratitude to be relieved under the Viavi system of treatment after so many years of this constant, uncleanly discharge, and to be able to discard the use of the napkin, which is so gladly laid aside when worn only for a few days of each month.

The Treatment for Leucorrhea

As leucorrhea is a symptom of some existing abnormal condition, the cause must be sought and overcome, whereupon the result, the discharge, will disappear. If it is caused by a lacerated cervix, the laceration must be cured. (See Treatment for Laceration.) If from inflammation of the cervix, womb or other parts of the generative tract, see Treatment for Inflammation of the Womb. If it comes from an absence of the menses, see Treatment for Amenorrhea. If from the presence of tumors, see Treatment for Tumors. Where it is caused

by anemia, or a general impoverished condition of the blood, see Treatment for that condition. Vaginal douches for leucorrhea are never curative, but are simply hygienic aids to the Viavi system of treatment, in this way cleansing the tract and helping to promote absorption of the capsule.

When a woman is so situated that she cannot know the cause of a leucorrheal discharge, which is frequently the case where women live in isolated parts, and with some women, especially young unmarried women, who do not care to consult concerning abnormal conditions of the generative tract, we would advise that such patrons use only the Viavi capsules, cerate and liquid, and where there is nervous debility, depression, exhaustion or prostration, the Royal should be added, with the following hygienic aids. Knowledge of the exact cause of leucorrhea is not necessary to a cure, but it might serve in some cases to hasten recovery.

The cerate is to be used daily over the region of the spine and abdomen. (See Cerate on Spine.)

Hot compresses must be used twice a week (see Hot Compresses), but the cerate is to be applied daily over the region of the abdomen (see rules for Abdominal Massage.)

A moderately warm vaginal douche is to be used every night just before retiring, taken in a reclining position, if possible. (See Reclining Douche.) After the douche has been taken, a capsule is to be placed in the vagina as high as can be conveniently reached with the finger. The douche and use of the capsule should be discontinued when menstruation occurs.

The liquid is taken into the stomach three times daily in from five to ten drop doses, in hot water, twenty minutes before meals.

The Viavi Royal should also be used to help regain the strength. If the patient is married, no sexual excesses should be committed, while the strength should be husbanded in every way possible.

A good circulation is also necessary. (See Baths for same, particular attention being called to the Viavi Brush Bath.)

Mothers who hesitate to use the capsules in the cases of their young daughters so afflicted, are doing them the greatest injustice by laying the foundation for them of chronic invalidism in their youth, from the erroneous idea that the vaginal orifice would in some unaccountable manner be injured by the insertion of the capsule. (See Imperforate Hymen.)

CHAPTER XXXVII.

DISPLACEMENTS OF THE WOMB.

THE chapters devoted to a description of the organs of generation, inflammation of the womb and the circulation will greatly assist to an understanding of this chapter.

The womb, being suspended, or swung, within the pelvic cavity by means of muscular ligaments, enjoys a larger degree of motion than any other organ in the body. It is deemed displaced only when it remains permanently out of position. By doing so it interferes with the functions of other organs, and also suspends largely its own function and its blood supply. A temporary displacement backwards is accomplished every time the bladder becomes full and distended with urine, but as soon as the urine is voided the normal womb moves back immediately into position. Every time the rectum is heavily loaded, the womb is displaced forward until the rectum is emptied, when it again resumes its normal position. The womb moves also with every step and with every breath, but much more by deep abdominal breathing than by superficial chest breathing.

Exercise and Circulation

The movements of the womb are necessary to its normal state, as it is partly by this exercise that the blood is carried to and from it. It is also this exercise and the constant relaxing and contracting of its muscular ligaments that give to them their great strength. When this exercise is prevented by a prolonged displacement the blood does not pass freely to and from the womb; hence it becomes enlarged and heavy. The womb must be exercised by these movements, or it becomes diseased. Here, as elsewhere in the body, exercise maintains healthy functional activity.

We know from reading previous chapters that the womb lies behind the broad ligaments, and that it is through these broad ligaments that the blood vessels of the womb pass on their way to and from this organ. When the womb becomes displaced backward or forward, these ligaments are twisted more or less, according to the degree of the displacement; hence the blood vessels within their substance are twisted as well. This accounts for the con-

gestion and inflammation of the womb that are present in displacements.

A woman who carries about a displaced womb is an invalid, and although no pain at first be experienced, the foundation is being laid for the breaking down of her constitution, sooner or later. We find displacements in young girls and elderly women, as well as in women of middle age.

The Causes of Displacement

A cause of displacement is anything that will weaken the uterine ligaments. It may be a general weakness of the whole body; accordingly, when the womb becomes temporarily displaced from the filling or emptying of the bladder or rectum, the ligaments have not strength enough to lift it back into position.

Again, if the womb becomes inflamed and heavy, an extra weight is placed upon the muscular ligaments, which have not the strength to lift it; in consequence the enlarged and heavy womb falls out of place. The longer it remains displaced, the heavier it becomes, as the quantity of blood held within its walls becomes greater and greater, until congestion and inflammation are the result. This explains why there is no chance of a spontaneous cure.

The two conditions that are always present in displacement, as before stated, are a weakness of the uterine muscular supports and an enlargement of the organ. Some of the causes of these two combined conditions are overwork, frequent childbearing, menstrual irregularities, leucorrhea, constipation, indigestion, diseases of the heart or lungs; in fact, nearly all the diseases to which flesh is heir may be the cause of displacement. The Viavi system of treatment will assist Nature to handle the affliction successfully, a fact easily understood when the natural processes set up by the treatment are comprehended.

Leucorrhea may be both a primary and a contributing cause of displacement. The vaginal walls offer a stronger support for the uterus. When they become weakened by leucorrhea, as they invariably do, the support that they offer is withdrawn, and displacement precipitated or aided.

Common Plan of Treatment

Understanding the causes of displacement, it will be evident that to reach and overcome them we must seek them and remove them. This cannot be done naturally by the use of pessaries or other false supports. (See chapter on Pessaries.) Neither can it be accomplished by surgical methods, a shortening of the round ligaments, which are the natural guy ropes of the uterus and whose function it is to hold the womb in proper position during the latter months of pregnancy, so that no injury is wrought the intestines by the pregnant womb.

Ventral fixation, or the stitching of the fundus of the womb to the abdominal walls, is one of the most absurd as well as inhuman methods employed. Only the woman who has submitted to this operation can describe the pulling, burning pain and the intense nervousness that result from this method of treatment. Here the attempt is made to overcome one kind of

displacement that is amenable to rational treatment, but another kind is brought about which is not only permanent, but a thousand times worse, with no hope of relief. The womb by this operation is dragged forward and upward several inches, thereby putting nerves, muscles, tissues and the bladder on a constant and intense strain, and thus also displacing the contents of the whole pelvic viscera. The womb now lies upon the top of the bladder.

In none of the methods employed, outside of the Viavi system of treatment, is the slightest attention paid to the cause of the trouble, and no pretense whatever of an effort is made to overcome it. No assistance whatever is offered Nature in her efforts to overcome the condition, her benign and able offices and powers are utterly ignored, and her laws are boldly outraged on the amazing assumption that human skil. is greater than hers.

Viavi Treatment in Contrast

Only a person who has made fruitless efforts for help in other directions can appreciate the wonderful value of the Viavi system of treatment. That it does lend to Nature the assistance which she requires to overcome displacement, cure leucorrhea and ovaritis, and expel tumors, seems so incredible a triumph of science over disease, so vast a stride beyond the helplessness that had formerly prevailed, as to be almost beyond intelligent credence. It has been so long accepted as a fact that these afflictions were beyond the reach of science, that an announcement of the discovery of a means for successfully overcoming them is naturally a challenge of the boldest sort, and one that Viavi advocates are more than glad to make. The almost countless thousands of cases of these kinds that have been cured under the treatment, after every resource of old methods had been exhausted, mark the discovery and evolution of the Viavi system of treatment to its present perfection as the most remarkable stride that science has made during the century. The innumerable women in all parts of the civilized world who have been raised from a life of helplessness and torture by means of the Viavi system of treatment, when all the skill of all the medical schools had proved unavailing, constitute a tremendous army of intelligent, happy women who fully realize the prize that they have won, and the seeming miracle that has been accomplished. So long as the testimony and enthusiasm of these women are available, the gospel of the Viavi system of treatment will find zealous and fearless advocates.

Why the Treatment Succeeds

An understanding of the way in which the Viavi system of treatment enables Nature to overcome displacement will show not only the fact that such a victory must be expected from the adoption of the treatment, but also that the methods heretofore in use could not possibly produce good results. Nature would overcome these conditions had she the power; it is merely a matter of supplying the assistance that Nature requires. She will perform the cure.

When a woman seeks assistance for a displacement the womb has remained out of position sufficiently long to cause inflammation and enlargement, from interrupted uterine circulation. The Viavi system of treatment having a specific value in assisting Nature to reduce inflammation, the condition is gradually overcome by its use. At the same time the uterine muscular supports that were relaxed and weakened are regaining their elasticity and strength through this tissue food, and thus in time the displacement is overcome by simply assisting Nature to undo the work that caused the trouble. No surgical, no mechanical methods are ever beneficial. Even when adhesions have bound the womb down to adjacent parts, the adhesions have been caused to become absorbed, and the womb under the treatment moves back into its normal position; in other words, the displacement is overcome. (See chapter on Adhesions.)

General Symptoms Discussed

Each form of displacement has its special symptoms, but there are some symptoms and effects that are common to all. A retarding of the normal movements of the uterus gives rise to a sensation of a dull, heavy weight pressing upon the surrounding organs. Sometimes a great deal of pain is experienced, while in other cases not much if any pain is felt; but in the latter, the inflammatory process is generally very destructive; a great amount of damage has occurred before patients feel it necessary or are forced to seek relief. Generally there is pain in the head and back, while there is inability to walk or stand for any length of time, from the feeling of weight and lameness in the abdomen. There is likely also to be lameness in the legs; the memory becomes impaired and the sufferer often fears insanity.

Menstruation is Obstructed

A displaced womb can never empty itself properly of the menstrual secretions; hence the monthly vascular purging is imperfectly performed. The blood may be held within the cavity of the womb until it gives rise to labor-like pains in expelling it. This greatly injures the texture of the womb, and if allowed to continue it prevents the formation of a healthy lining, which must be renewed each month. Tumors are caused by a stagnation of the blood in this locality. (See chapter on Tumors.) Cancer is caused, as a rule, by the irritation to which a displaced womb is always subjected. (See chapter on Cancer.)

We shall now take up the various forms of displacement and discuss them separately.

An Analysis of Anteversion

In anteversion the womb as a whole falls out of position forward, thus resting upon the bladder, which is forced to become its unnatural support. As this is not the function of the bladder, it becomes in consequence greatly irritated. Its

capacity also is much lessened, and the patient, in consequence of the irritation, is forced to urinate frequently. This is a characteristic symptom of anteversion. If the displacement is permitted to continue, an inflamed condition of the bladder results; this is known as cystitis. (See chapter on Inflammation of the Bladder.)

Effects Upon the Bladder

The urine is conveyed from the kidneys into the bladder continually through the two ducts, the ureters. When the bladder becomes moderately full, the pressure upon the nerves in this vicinity informs the brain that it should be emptied. In health this occurs at comfortable intervals. When a displaced womb, as in anteversion, rests continually upon the bladder, there is a constant nervous summons to the brain to empty the bladder. But it is a false impression; hence the message back to the nerves in this vicinity to empty the bladder, and this ever-present symptom of emptying the bladder when it may contain but a few drops of urine. Voiding the urine under such circumstances, of course, does not relieve. In time the sphincter muscles that control the flow of urine lose their function through constant irritation of the nerves, with the result that incontinence of urine supervenes, and there is frequently a constant dribbling of urine from the urethral orifice. A woman in that condition is an object of the deepest pity, and yet such is the condition of many women who have suffered with anteversion for a considerable length of time.

Inflammation of the bladder resulting from this displacement in time involves the ureters, and this inflammation in time also extends to the kidneys, producing one or more of the serious and often fatal diseases of these organs. No organ nor part of the body can suffer constant and prolonged irritation without becoming diseased. Instances of this are seen on every hand and are familiar to all. The constant irritation of a tight-fitting shoe, for illustration, will produce corns on the foot; the constant use of alcoholic drinks will irritate the lining of the stomach and produce gastritis, etc. Another result of anteversion is urethritis, or inflammation of the urethra, the little short duct that conveys the urine from the bladder. (See chapter on Inflammation of the Urethra.)

The Symptoms of Anteversion

Other symptoms of anteversion are backache, difficulty in walking, nervousness, painful menstruation, leucorrhea (from interference with the circulation), and a heavy bearing-down pain in the pelvis. When the womb is healthy it is alive, light and hollow, ballooning about in the abdomen out of harm's way. Now it is inflamed, enlarged and displaced forward; hence it becomes an object for our curative consideration. Our one purpose is to restore this organ to a healthy state, whereupon its presence causes no disturbance. The womb has become anteverted because it was too heavy to remain in position. It became

enlarged from the inflammatory process, and the treatment must be directed to bring it back to its natural condition and size, where its weight can be sustained by its muscular supports.

Cures Under the Treatment

Among the countless cases of anteversion that have yielded with perfect success to the Viavi system of treatment was that of a middle-aged woman who was a chronic sufferer with the complaint. Her suffering for years had been intense, and in consequence she had become bedridden, being unable to stand upon her feet. The constant irritation of the bladder caused by the displaced womb had caused partial paralysis of the sphincter muscles, so that a physician was called twice a day to empty the bladder. From the use of the Viavi capsules, cerate and liquid, the results were both satisfactory and rapid. She regained complete control of the urine and after a while was able to sit up for the first time in many years. The recovery was rapid, taking into consideration the many years that she had been ill.

Another case was that of Mrs. T., who had suffered from anteversion for sixteen years. There was present a great complication of troubles, which had all resulted from the displacement. Among these were violent headaches, dyspepsia, congestion and enlargement of the liver and spleen, piles, constipation, insomnia, nervousness; sometimes she would waken from a short nap to find her head drawn back toward the spine. The constant dribbling of urine had scalded the external genitals until they were perfectly raw. The inflammation of the womb and bladder was so intense and painful that the patient would faint and lie as one dead for an hour or more. This cure consumed two years, but the patron felt fully repaid for the time and money so spent. Thousands of illustrative cases could be given to show the efficacy of the treatment in such cases, but space will not permit.

The Treatment for Anteversion

The treatment for anteversion is the same as that given for inflammation of the womb and ovaries. The forms of Viavi to be used are the capsules and the cerate. When the bladder, urethra or kidneys are involved, the Viavi liquid should be taken internally, three times a day, in a little hot water, about twenty minutes before each meal, in from five to ten drop doses.

The position for anteversion should be taken one or several times a day, as the patron's occupation permits. (See Position for Anteversion.)

The Nature of Anteflexion

In anteversion the womb as a whole turns forward; in anteflexion there is a bending forward of the top of the womb alone. In this form of displacement it bends upon itself, much as a jack-knife when being closed. In anteversion the womb is large and has overtaxed its muscular supports, which have allowed it to fall

forward as a whole; but in anteflexion the muscular substance of the womb itself has become so softened from inflammatory processes that it has fallen forward upon itself, or bent over. Anteflexion and anteversion may both be present at the same time. The flexion may be slight, or it may be very great. It will be remembered that the womb resembles an inverted pear, the heavy part upward. The point of flexion is generally at the junction of the neck with the body.

The Symptoms of Anteflexion

The symptoms of anteflexion are much the same as those of anteversion, but as a rule more severe and requiring a much longer treatment. The position of the womb is such that menstruation is greatly interfered with. A part of the flow, in the form of clots, may be retained from one month to another, being unable to pass the abrupt bend in the uterine canal. This naturally keeps up a constant aggravation, which brings about a most serious condition. The irritation causes most destructive inflammation, and frequently there is an absolute break in the softened muscular tissues of the uterine structure.

A flexion always causes sterility, as the lining membrane of the womb is never normal; consequently it cannot prepare itself for the accommodation of the fertilized ovum, which fails to take root; hence sterility. Membranous dysmenorrhea becomes permanently established, the nervous system badly impaired. The retained discharges cause the blood to become charged with injurious substances and the entire system deviates from the normal lines to a marked extent.

In this, as in other forms of displacement, perfect cures are obtainable under the Viavi system of treatment. The condition is not unalterable. The inflamed and softened organ gradually regains its normal tone and position, but the patient should carefully consider her condition and make a study of it, so that she may not become discouraged if painful symptoms be present for some time after coming under the treatment, as there is a great amount of rebuilding that will be necessary before the organ will be in a condition to resume its proper position and function.

The treatment for anteflexion is the same as for anteversion.

Some Effects of Retroversion

Retroversion means a displacement backward of the womb as a whole. Like anteversion, it produces a long line of distressing conditions. So many painful conditions may be caused by retroversion that the cause of the trouble is too often lost sight of.

As has been explained elsewhere, the rectum follows the curve of the sacrum, and has just sufficient room when all of the organs are of their natural size and in their proper position to functionate normally. When any of these organs become enlarged or displaced, others suffer. A part of the rectum is curved backward immediately behind the womb. In retroversion the en-

larged and heavy uterus falls back against it; hence its calibre is greatly lessened at that point. By reason of this mechanical obstruction the fecal matter, which is very heavy, gathers in a mass in the rectum just above this point and pushes the retroverted womb still further downward and backward. This increases the unnatural tension of the uterine ligaments, or supports, and causes not only backache, but a dragging-down sensation in the region of the back as well.

From this partial occlusion of the rectum in retroversion, the feces become packed in the upper part of the rectum. There they gradually harden and dry from unnatural retention, and are finally discharged after some of their deleterious elements have been absorbed into the circulation and carried to all parts of the body, to do what mischief they can. This condition is to the body what defective sewerage is to a house. The packed feces injure the lower part of the rectum and anus, and by the nature of their hardness and by severe pressure upon the diseased and sensitive womb resting against the rectum, aggravate its inflamed condition.

The irritation produced by the constant pressure of the womb upon the rectum interferes with its circulation, giving rise to fistula, hemorrhage, inflammation and ulceration of the rectum, with the various forms of tumors or piles that are generally seen with this condition. (See chapter on Diseases of the Rectum.) A large per cent of rectal cancers among women are caused by this displacement backward.

Bad Effects upon the Bladder

The injurious effects of retroversion are not confined to the rectum, as all of the viscera in this location are fastened together—the womb to the vagina, the vagina to the bladder, the bladder to the urethra, the bladder also by means of a cord to the umbilicus, or navel. When the womb falls backward, it makes traction upon the bladder; it, in turn, makes traction upward upon the urethra. One of the effects of this strain is to produce partial or complete paralysis of the nerves controlling the function of the urethra and the sphincter muscles by which the flow of urine is controlled. There will be, in consequence, a dribbling of the urine or a constant retention necessitating the use of the catheter for emptying the bladder. This upward stretching of the urethra also irritates its lining membrane, giving rise to urethral caruncles, purplish growths which may line it or hang from its mouth like small, dark red tongues; they are often extremely sensitive.

As the bladder is stretched backward as well as upward in retroversion, the urachus, or cord that attaches the bladder to the navel, is also stretched backward; hence there is pain in the umbilical region, the irritation frequently causing a watery or pus-like discharge to escape from the navel. At times this discharge is very offensive.

As the womb moves, so do the ovaries move with it; hence a dislocation of the womb also produces a displacement of the ovaries. (See chapter on Inflammation of the Ovaries.)

The Symptoms of Retroversion

The causes of retroversion are the same as those producing anteversion, but the womb has fallen backward instead of forward. A large number of nerves lie upon the backbone in that part of the pelvic cavity where the top of the retroverted womb rests; hence the mental and nervous symptoms that accompany retroversion. The most prominent symptoms of retroversion are backache and a dragging-down sensation in the pelvis; this greatly interferes with locomotion. We find also leucorrhea, and often erosions of the cervix. Emptying the bowels becomes painful. Pains run down the front of the thighs, and they become worse upon motion. A burning sensation on the top of the head is also a characteristic symptom, or extreme pain in the back of the head, and mild forms of insanity, or the sufferer fears insanity. There are melancholia and hysteria, loss of memory, palpitation of the heart, stomach troubles, irritable spine and impaired eyesight. From poor drainage the lining membrane becomes inflamed (endometritis), and this in time involves the whole womb. The inflammatory process causes this organ to become adhered to surrounding parts. The ligaments are twisted and the circulation is impeded, not only in the womb and ovaries, but also in the broad ligaments, which in time become varicose.

The Treatment for Retroversion

The Viavi system of treatment for retroversion contemplates the removal of the conditions that produce it. It assists Nature to establish the circulation; in this way all inflammatory conditions are overcome, the womb is restored to its natural weight and size, its ligaments perform their function of sustaining it in place, and the cure is perfected by simply assisting Nature.

The use of the Viavi capsules and cerate is indicated; when rectal troubles are present, the Viavi suppositories are to be used. If the bowels are constipated, the Viavi laxative is indicated. If the urinary tract is implicated, the Viavi liquid is to be taken internally in from five to ten drop doses, in a little hot water, three times a day, about twenty minutes before meals.

The knee-chest position (see Knee-Chest Position) should be taken daily, just before retiring at night.

A woman should make every effort faithfully to follow up the hygienic measures advised, as they will greatly abridge the time of the cure, save expense, and bring a present sense of comfort. As in the treatment of all other diseases of women, care should be exercised in the matter of rest and sleep, and other features of intelligent living discussed in previous chapters.

Where displacements are present, coition should always be very moderate, as this is a great source of irritation to a displacement of any kind.

Instances of Cures Effected

Patients come under the Viavi treatment for retroversion that has been brought about by many and various causes. Some of these patients have been ill for a short time, and some for a long period of time. The same results are obtained in all cases, independently of the cause and of the length of time that the displacement has been present—that is, where the treatment is used for a sufficient length of time.

One of our London patrons, a public singer, suffered severely for three years from retroversion. During eighteen months of this time she was in Vienna under the care of three eminent physicians. She gradually grew worse instead of better. The use of the Viavi system of treatment brought about a perfect cure; even her singing voice, which had been temporarily lost, was restored.

Another case was that of a lady who had worn a pessary for five years. This patron was about forty years of age when she came under the Viavi system of treatment, and had suffered from a weakness of the generative organs since her eighteenth year. When she came under the treatment the pessary was discarded and an excellent recovery made.

Another case was that of an elderly woman who had suffered for many years from retroversion. The prominent symptoms were a very weak and aching back, kidney trouble, stubborn constipation and terrible headaches. This patron knew nothing whatever concerning the anatomy of her body nor the care of it. When she fully realized her condition she placed herself under the Viavi system of treatment and used it with religious regularity, obtaining the same results that others do who use the treatment in a like manner. Such instances of cure might be enumerated indefinitely.

The Nature of Retroflexion

In retroflexion the womb bends backward upon itself at the junction of the cervix and the body of the womb. It is similar to anteflexion, except that the bending is in the opposite direction. The bending in both cases is caused by enlargement with heaviness of the body of the womb, and a softening of its tissues. In retroflexion, as in anteflexion, the cavity of the womb is closed by the bending, and the menstrual flow and leucorrheal discharges cannot easily escape. The evils arising from these abnormal conditions have already been pointed out. Women recovering from pregnancy should carefully follow the advice given in the chapter on Pregnancy, as flexions are more likely to occur at this time than at any other, from women leaving their beds too soon, the womb at this time being very soft and greatly enlarged.

The flexions produce an inflammation of the lining of the womb, and

of the womb itself, with the formation of adhesions to the bowel. In addition to this, certain irregular changes take place in the muscular walls of the womb, such as an abnormal thinning of the front wall and a thickening of the rear wall. A varicose condition of the veins within the ligaments is also a result. This in time leads to prolapsus of the ovaries and Fallopian tubes.

The treatment for retroflexion is the same as for retroversion.

Prolapsus of the Uterus

By prolapsus uteri is meant a falling downward of the womb. The womb becomes enlarged from congestion or inflammation overtaxing the muscles by which it is suspended in the pelvic cavity. As they in time lose their elasticity they allow the womb to sink gradually downward. This is prolapsus. The womb has become prolapsed because it was too big and heavy, and its displacement is due to gravitation.

The curative outlook is not gloomy, as we can, by reducing the inflammation, thereby reduce its weight to normal, and thus cause it to return to its proper position, even adhesions becoming inadequate to prevent its ascent. The displacement may be only to a slight degree, or it may be so great as to cause the organ to protrude from the vaginal orifice. It then often resembles an angry-looking tumor, as the result of constant friction by the clothing and contact with the limbs. This is known as procedentia, meaning a complete prolapsus of the uterus.

Effect upon the Bladder

As the upper part of the vagina is continuous with the neck of the womb, the vaginal walls are also dragged down with the falling womb, its walls folding upon themselves. The anterior wall of the vagina forms the posterior wall of the bladder; hence the bladder becomes prolapsed as well. It is not unusual to find the bladder protruding from the vaginal orifice just in front of the womb. When it becomes distended with urine, it is large and prominent, varying in size from an egg to a quart bowl. When the urine is voided the bladder then resembles a loose, irregular, flabby mass of mucous membrane. When from friction and the acrid nature of the urine, the protruding bladder becomes inflamed, the sufferer's condition is indeed pitable. It often becomes necessary to push the bladder upward with the fingers before it can be successfully emptied. This displacement of the bladder is known as cystocele, or prolapsus of the bladder, according to the degree of the displacement.

The Symptoms of Prolapsus

Lameness of the legs frequently accompanies prolapsus and is often mistaken for rheumatism. The legs may even become partially paralyzed from pressure upon the nerves leading down the legs.

The dragging-down sensation in prolapsus is similar to that experienced in retroversion, anteversion or the flexions. The nature of the pain is

dull and heavy, especially across the back. The ovaries and Fallopian tubes, as well as the bladder and vaginal walls, are dragged downward, and many painful symptoms throughout the whole pelvic and abdominal regions are present the nature of which it becomes impossible for the sufferer to express. In short, all symptoms of anteversion and retroversion may be present, with many more.

Mechanical Aids Irrational

There is no part of the body that yields to rational treatment so quickly as the generative tract, and no part that resents mechanical or surgical methods so stubbornly and keenly. This fact speaks for itself whenever surgery or a mechanical aid is resorted to. This is all that is offered, outside the Viavi system of treatment, to women so suffering.

As in anteversion and retroversion, all degrees of prolapsus are successfully cured by the use of the Viavi system of treatment. The patron is not propped up, nor patched up, nor stitched up, not cut up, but she is cured according to the laws of Nature.

Cures Under Bad Conditions

Middle-aged women who have given birth to large families and reared them on limited incomes, women who have worked hard all their lives and are still obliged to do so, and those who have worn pessaries from ten to twenty years and discarded them upon coming under the Viavi system of treatment, have been permanently cured. These women have not had the opportunity to favor themselves even while under the treatment, but the cures have gradually progressed under the most unfavorable circumstances until the organs have regained their proper position and normal condition. This is as severe a test of the efficacy of the Viavi system of treatment as could be desired. In cases where the conditions of life are more favorable, the good results are secured earlier.

Examples of Fine Recovery

Innumerable cases of prolapsus cured by means of the Viavi system of treatment might be cited, but the following extreme illustrations will be sufficient: Mrs. M. came under the Viavi treatment in 1895. She had suffered from prolapsus of the womb and bladder for thirty years. Soon after puberty the womb became prolapsed, and although she was under the care of skillful physicians for thirty years, no relief whatever was obtained. The prolapsus was so great that when the sufferer was seated the uterus would be the first part of the body to touch the chair. The urine was of so acrid a nature that even the legs were raw. The displaced womb so pressed upon the nerves and vessels leading to the legs that the pain rendered them almost useless, while they were swollen to about twice their natural size. She suffered also from great nervousness,

headaches, backache, indigestion and neuralgia, and was able to walk but a short distance. She could neither rise nor sit without assistance, and would then suffer so intensely that she would scream with pain. She came under the Viavi system of treatment while in her fiftieth year. The prolapsed womb not only regained its normal size and position, but gradually all other abnormal conditions were overcome. No marked change occurred in her condition for the first six months.

Mrs. T. came under the treatment in 1890 for prolapsus. She had worn a pessary for ten years. The pessary, from pressure on the surrounding tissues, had caused extensive ulceration. It was discarded, and the patient seemingly grew worse for some time. Several abscesses of the womb and external genitals formed and broke, showing the necessity of a thorough purging of the tissues in this region that had to be brought about before the cure could be perfected. Although, from reverse of circumstances, this patron has been obliged to be upon her feet almost continuously since she was cured by the Viavi system of treatment, there has been no return of the displacement.

The Treatment for Prolapsus

The treatment for prolapsus is almost the same as that given for retroversion. The use of the Viavi cerate over the abdominal walls for all kinds of displacement cannot be too thorough. Their blood vessels, nerves and tissues connect them either directly or indirectly with all parts of the body. When these walls are lax, or loose and flabby, weakness of the whole body is induced. Not only is the generative tract weakened and displaced by it, but the whole abdominal viscera as well. (See chapter on Abdominal Walls.)

The surface of the abdomen is prepared for the reception of the cerate by cleansing it with vinegar and water. The absorbents of the skin greedily drink in the cerate, which is a nourishing food. Then by the blood it is carried not only to the superficial layers of the abdomen, but to the deeper ones as well, rendering them healthy, strong and elastic. Its action does not stop here, as the blood vessels carry it still deeper, and the peritoneum, which lines the abdominal cavity and separates all of the viscera, also receives its share. The ligaments of the uterus are formed from prolongations of the peritoneum, so that these supports, which lie within the pelvic cavity, also receive their share of this nourishing food applied externally. Its action reaches still farther, and the womb, Fallopian tubes and ovaries, the nerves within these cavities, the walls of the blood vessels, the intestines, the rectum, the bladder, and, in short, every fiber and cell within the whole pelvic and abdominal regions is benefited by the cerate applied over the abdominal walls. The cerate is also applied over the nerve centers in the spine, it is absorbed, taken into the blood, carried to the nerve centers which control the circulation in these organs. As a result it assists Nature to establish a normal circulation. Con-

gestion and inflammation are removed; each cell which has become weak, and elongated is strengthened and becomes shorter and thus the womb is lifted into its normal position. The process is a natural one.

As hygienic adjuncts to the treatment the compresses are to be used. Some patrons can use the cold compress (see Cold Compress) twice a week with benefit; others derive most benefit from the use of the hot compress (see Hot Compress) twice a week, while with others the best results are obtained by alternating the hot and the cold compresses, always using the hot first.

The cold sitz bath (see Cold Sitz Bath) for prolapsus, especially where the womb protrudes and is angry looking, will prove most grateful to the sufferer, and a good night's rest follows, as a rule. When the sitz bath is used the compress may be omitted, but the cerate over the abdominal walls and spine is never to be omitted. Before massaging the abdomen see Rules and Regulations for Abdominal Massage.

If, when the patron comes under the treatment, a pessary is being worn, it should be discarded at once, for not only is it relieving the ligaments of the work they were designed to do, but is thus depriving them of the strength that they must have in order to hold the womb in place. It is also aggravating the condition by irritation and pressure. If a pessary has been worn until the tone of the muscles is temporarily suspended and a support of some kind is necessary until the ligaments regain their strength to some extent from the Viavi system of treatment, a tampon may be worn during the day, but it should be removed at night.

The Use of a Tampon

Procure some absorbent wool and absorbent cotton. These may be got from druggists or chemists. Roll the wool loosely into a roll, about twice the size of the thumb, or larger if necessary, and around it roll a layer of absorbent cotton. Cut this into three-inch lengths, and tie a cotton string tightly about the center of each piece. This will form a light, fluffy, non-irritating tampon, which can be inserted in the vagina for a temporary support for the womb. Empty six Viavi capsules into half a cup of olive oil. Mix thoroughly. Saturate one of the tampons with this mixture. After taking a morning vaginal douche, assume the knee-chest position (see Knee-Chest Position), and while in that position insert the saturated tampon in the vagina. This will form a temporary support for the womb during the day, and at the same time the muscles and ligaments will be constantly absorbing the treatment and thereby becoming stronger. Two douches should be taken daily in the reclining position, one before inserting the tampon and the other after withdrawing it immediately before retiring. It must not be left in the vagina over night. A fresh tampon should be used daily. The tampon should be discarded as soon

as possible, and the patron should favor herself by keeping off her feet as much as possible. A Viavi capsule should be used every night. Should any difficulty be experienced in holding the tampon in place a T bandage should be employed, one part going around the waist and the other between the legs.

The cerate is always to be used over the region of the spine. (See Cerate on Spine.) The Viavi liquid should be taken in a little hot water three times daily—one-half hour before meals—take from five to ten drops each time.

Symptoms that Encourage

Every patron that comes under the Viavi system of treatment is just as likely to feel worse for a time as to feel better. In assisting Nature to cure displacement with the Viavi system of treatment we are giving to the system a material, or food, which must first be made use of by the various organs and tissues of the body to undo what has been done to cause the existing trouble, whatever it may be. There has been a stagnation of blood. It may be congestion, or it may have progressed into inflammation so extensive that its various forms of destructive products are present. The symptoms that a patient experiences while under the treatment depend entirely upon the extent and nature of her trouble and the amount and kind of repair work that will be necessary to bring all parts back to a healthy condition. One patron experiences a dragging, pulling sensation, first in one place and then in another, in the pelvic and abdominal regions. If she is thoroughly informed on the anatomy of these parts (as she will be if she has studied the earlier chapters in this volume) she will know that the pulling sensation experienced is in the region of certain muscular supports of the generative organs, and that these supports are making an effort to get the organs back into their proper position. They were abnormally relaxed; hence the contractions, or pulling sensations, that are plainly felt.

Again, the parts may become relaxed after using the treatment for a time, and the womb may therefore sink lower than ever before. In such cases a great amount of acute inflammation has been present. When by the treatment this is reduced, the parts for the time being are relaxed. The inflammation of the parts has acted partially as a false support. The cure at this point of relaxation is only half accomplished, and the treatment must now be continued. By means of it the relaxed tissues take up a sufficient amount of nutriment to allow them to regain their tone and elasticity. Now is the time that the cure can be pushed with the double-strength capsules, and the patient should favor herself by resting as much as possible in a reclining position.

The Symptoms of Recovery

When displacement occurs, as has been previously stated, a stagnation of the blood within the blood vessels occurs in the pelvic and abdominal regions. The

walls of the blood vessels are thereby injured by overdistension, as are also the nerves that follow the vessels and twine about them as vines. When the nerves are sufficiently fed and strengthened by Viavi they gradually regain their function of controlling the blood supply, by causing the vessels to contract and relax, so that the blood may be forced onward. When this is occurring the patron suffers pain, but it will be only temporary. As soon as the circulation of the blood is established, these painful symptoms will disappear. It is a necessary part of the cure when stagnation and inflammation exist.

When the stagnant blood is started on its course it cannot all be purified at once; hence it circulates throughout the whole body. The brain for the time being is dull and sluggish, and the patron wants to sleep or to make no exertion. Now is the time to employ the baths (see Baths) as a means of establishing the circulation. The treatment is carried by the circulating blood to all parts of the body, and each organ is thereby strengthened and assisted in performing its special function.

Bloating is another symptom that frequently appears after using the treatment for a time. It should never discourage the patron, but greatly encourage her, as it shows that the action of the treatment upon the system is being fully felt. It is caused by the disintegration of the poisonous matter, which separates into its component parts, one of which is gas. The gas arises more quickly than the lungs can remove it, because the blood already contains a large amount of impurity. The use of the remedy causes these impurities to be thrown into the blood in still greater quantities, and consequently the blood must go to the lungs a larger number of times before these impurities can be removed. The lungs, having only a certain capacity to remove the impurities, cannot remove all that is in the blood at one time. Little by little these impure gases will be taken into the blood and thrown out through the lungs.

Sometimes the vaginal discharges become excoriating after commencing the treatment, producing itching, burning and even rawness, so that the patron may suffer considerably from disagreeable symptoms. This is due to the fact that the body is throwing off impurities, and that as these discharges or secretions pass down over the mucous surfaces they produce rawness, burning and itching, which will disappear as the parts are rendered healthy and there is less of these impure matters to be thrown from the system. The tissues also become more healthy and are not so tender as in the first place.

Advising Pregnancy Reprehensible

A most astonishing feature of the ordinary method of treating displacement of the womb is to advise patrons so suffering to become pregnant as a curative method. In some cases it is possible to become pregnant, in others not. Let us analyze the situation thus offered to a sufferer. Coition, when displacement exists,

is not only painful, but with most women exceedingly repulsive. No inflamed, displaced organ can perform its normal function, and even though the patron conceive, it is done under difficulties. If she were not diseased she would not be suffering with displacement. A displacement would not be present if the womb were healthy. It has fallen out of place because it was so enlarged by disease that its natural supports could not keep it there; therefore, she is requested while in this condition to bring a child into the world with a heredity of weakness and disease that will poison its whole life and tend to make it one of the vast army of incompetents who are unable successfully to make the struggle for existence, and who in infancy and childhood are easy victims of all the diseases to which children are liable, and who, many of them, fill the prisons and insane asylums. As for the mother herself, imagine the torture that she must suffer during pregnancy, the grave risks to her life that she must run, and the sufferings that in a large majority of cases await her for the rest of her life. That such advice should be given to a woman suffering with displacement staggers the credulity of the wise, and yet such advice is being daily given, and, where possible, followed.

If such medical advisers could but once personally make use of their own prescription and pass through a term of pregnancy under such circumstances, suffering the tortures that no one can fully describe, the prescription would never be given the second time, pregnancy being safe only under the most favorable conditions.

The Viavi Plan Different

How different the Viavi system of treatment! It is based on the self-evident proposition that no disease can be cured unless the conditions producing it are removed. As it removes these conditions with perfect success, the diseases growing out of them, together with the symptoms to which they give rise, disappear. The treatment ascertains what Nature would do to effect a cure had she the power, and then supplies the means that she lacks. Thus the system itself cures the disease with the help rendered by the Viavi system of treatment; it rids itself of disease by natural means. As a consequence, after the cure the system is in a natural condition, which means a condition antagonistic to disease. For that reason it is able to resist disease. That is why a cure under the Viavi system of treatment is permanent, and that is why a permanent cure, or a cure at all, is impossible by any other means.

CHAPTER XXXVIII.

PESSARIES.

IN other chapters intimations of the irrational purpose and positive harm of pessaries have been given. A pessary though used to cure displacements, is merely a mechanical makeshift at relief to prop the displaced womb partially into position. This is done to the great injury of the womb itself, its ligaments, and adjacent organs and tissues. No hard, foreign substance can be placed in the vagina and allowed to remain for any length of time without doing more or less injury to the tissues.

The Harm Done by Pessaries

Stem pessaries, which are partially inserted into the uterine cavity, are most dangerous instruments, as they frequently cut through the walls of the womb, especially when the walls are soft and inclined to flex or bend upon themselves.

Those in the form of oblong rings so greatly distend the vaginal walls that ulceration frequently results. We recently saw a patient in whom extensive ulceration had occurred from one of these pessaries. It had imbedded itself in the walls of the vagina so deeply that they in time grew partially over it, requiring a skillful and expensive surgical operation to remove it.

The cup pessary allows the neck of the womb to rest in a receptacle resembling a cup. By its use a constant irritation is kept up, as the womb is continually moving, and but few patients can wear this kind of a support for any length of time.

When a pessary is worn no effort is being made to reduce the size of the enlarged womb, which is the cause of the displacement. No effort is made to strengthen its muscular supports, which are entirely relieved of their function; hence the greatest injury follows its use, while irreparable damage is wrought the tissues by pressure. The corrosive action of the vaginal secretions acts upon the material of the pessary, and accumulations occur. This causes greater pressure in time, and perforation of the vaginal walls follows, allowing the escape of urine and fecal matter into the vagina.

Injury to the Vagina

The vagina does not resemble a cylinder, or hollow tube, but closely resembles a slit in the tissues, its front and back walls lying together. The walls of the vagina are separated by Nature only at the termination of pregnancy, when it serves as a passage-way for the child from the womb into the world. The walls of the rectum also remain in juxtaposition, except when acting as a reservoir for the fecal waste. If this hard waste matter remains in the rectum for some time it causes pressure, and hemorroids, or piles, result from continued irritation and pressure. This illustrates the action of the pessary.

As it is normal for the walls of the vagina to remain together, it is abnormal and injurious to hold them apart by the insertion of a pessary. The more elastic and tense the vaginal tract, the greater the support it renders the womb from air pressure. When stretched apart by a pessary, atmospheric pressure becomes impossible. Not only the vagina and the womb are injured thereby, but the whole abdominal viscera, and the detrimental results of the pessary are felt by the whole body.

Sucessful Method Available

It will not be necessary here to go into further discussion upon this subject. The chapter on Displacements of the Womb shows clearly how the Viavi system of treatment overcomes naturally all the conditions by which displacements are caused. The patron can easily understand that violence and artificial resorts to overcome displacement are worse than useless, and that a cure of displacement by means of the Viavi system of treatment is natural.

If pessaries cured displacements we should not daily encounter women who have worn them from one to twenty years. Illustrative cases given in the chapter on Displacements show that the pessary can be discarded and the displacement cured by the aid of Viavi, even though the pessary has been worn for many years.

CHAPTER XXXIX.

PERITONITIS.

THE peritoneum is a closed sack lining the pelvis and abdomen. The contents of these cavities are not enclosed in it, but rather shut out of it, except the free ends of the Fallopian tubes, which open into it. The surface of the peritoneum is very extensive, as great probably as the external surface of the body, the skin. We find a part of it in close proximity to the great artery of the liver; a prolongation of it separates the diaphragm from the liver, the liver from the stomach, the small intestines from the large, the intestines from the uterine organs and pelvic viscera. A part lies between the rectum and the womb, another part between the womb and the bladder. It forms, as well, a part of the ligaments that support the womb and ovaries. When all or any part of this extensive serous membrane is inflamed, we have a condition known as peritonitis, an inflammation that often results disastrously, even fatally.

Various Causes and Symptoms

The causes of peritonitis are many and varied. It may be caused by an external injury, a blow, a fall, a penetrating wound, gonorrhea, exposure to cold and wet, abortions, unclean instruments in making examinations, and surgical operations. It may also be caused by the continuation of an already existing inflammation of the womb, Fallopian tubes, ovaries, bladder, liver, spleen, by childbed fever and abnormal menstruation.

Pain is always present in peritonitis, and its nature is sharp, severe and lancinating (stabbing). It is always increased by the slightest motion or touch. The sufferer lies upon her back, with legs drawn up. She uses only the chest muscles in breathing, and avoids carefully all action of the abdominal muscles. The weight of the bed clothing cannot be borne.

The Nature of Peritonitis

The inflammation seldom involves the whole peritoneum, but only a part or parts. No inflammation can exist throughout these cavities but that certain parts of the peritoneum become involved, sometimes quite extensively. The peritoneum possesses wonderful powers of absorption, and heals readily under

proper treatment. It is extremely sensitive, and this is a frequent cause of death from shock produced by operations within the pelvic and abdominal regions.

Peritonitis is a dangerous disease and the best possible skill and attention should be obtained at the outset. The danger varies according to the cause, complication and extension. The minute vessels become filled with fluids varying in quantity and character, and they ooze through the membrane. Sometimes the oozing is very extensive, and the abdomen, in consequence, becomes greatly distended; but owing to its serous nature, it is easily absorbed.

The Formation of Adhesions

When the inflammation is of a fibrinous nature, the fluid is sticky and gluey; this is apt to cause the formation of adhesions. The layers of the peritoneum may become adhered together where they come in contact, and form sacs in which fluid is retained; or strings and bands of fibrin may be formed, which fasten the intestines together, causing strangulation. The womb, Fallopian tubes and ovaries also may be bound down by adhesions. (See chapter on Adhesions.)

The Treatment for Peritonitis

The Viavi system of treatment for peritonitis is to control this great inflammatory heat as speedily as possible, and at the same time to regulate the circulation of the blood in the affected membrane.

Two Viavi capsules should be used daily, per vagina, one in the morning and one in the evening.

The Viavi liquid is to be taken into the stomach in from five to ten drop doses, in a little hot water, three times a day, on an empty stomach.

The surface of the abdomen should never, under any circumstances, be injured by blistering. The first part of the Viavi system of treatment consists of rubbing the spine with the Viavi cerate thoroughly but gently for thirty minutes. Afterwards if the attendant is careful a foot-tub can be set in the bed and the feet placed in water as warm as can be borne. Then wring a thin piece of cotton cloth, or better, a face towel if it can be borne, out of cold water, and place it upon the abdomen and stomach. In a few minutes this cold cloth will become hot, when it should be replaced with a cold one, gradually slipping the cold one under the hot one. The application of this cold compress will take patience, skill and great gentleness, as the abdomen is extremely painful. At first it will be possible only to place the cloth, but after a time very gentle pressure can be made over this region. It will be only a short time until great relief will follow this application. When these cold compresses have been applied for about an hour, discontinue them, and with a soft camel's hair brush (if great tenderness exist,

otherwise use the hand), apply the warmed cerate, thoroughly but gently, over the region of the abdomen and stomach. The cerate may be melted by placing some of it in a teacup and setting the cup in hot water. The feet may now be withdrawn from the tub and dried. This treatment should be given twice a day, or more often, if the severity of the condition requires it. As soon as the abdomen becomes less tender the cerate may be applied upon the abdomen and covered with oiled silk to prevent soiling of the clothes.

We particularly wish to call attention to the cold compress advised in peritonitis, as it differs greatly from the ordinary cold compress advised in inflamed conditions of other parts and organs, where several thicknesses of cloth are absolutely necessary at the beginning to obtain the desired results in stimulating vital action. One thickness alone of thin white cloth is used in peritonitis by reason of the exceedingly sensitive and painful condition of the abdomen, and the greatest care and caution must be exercised in placing this thin piece of cloth upon the sensitive parts. (See Hot Bath and Cold Spray.)

The diet should be light and mainly liquid, such as milk properly prepared, broth, toast in water, or thin gruel, and should be taken in small quantities and every three hours. Positively no heavy food should be taken at all, as the bowels are weakened, and irritation from such food would have a tendency to light up the inflammation again and produce serious complications.

So extensive loss of function is brought by adhesions that at the first indication of inflammation within the pelvic and abdominal regions the Viavi system of treatment should be employed very thoroughly indeed.

Recovery under the Treatment

We knew of one woman who had suffered from habitual peritonitis for years; the least little cold or overexertion started up the inflammatory process. At the first onset she went to bed and employed the Viavi system of treatment, using as many as eight to twelve capsules a day. She also kept quantities of the cerate continuously over the region of the abdomen. By employing the treatment so thoroughly and vigorously in the beginning, she was able to ward off these attacks, and to be up and about her usual duties in a short time. This is but one of thousands of cases of peritonitis that have yielded readily to the Viavi system of treatment.

CHAPTER XL.

INFLAMMATION OF THE OVARIES.

(OVARITIS, OR OÖPHORITIS.)

INFLAMMATION of the ovaries is the crowning evil of the diseases to which the generative organs of women are subject. As the ovaries are the center of a woman's generative nature, all the other organs of generation being accessories of their usefulness and instruments of their purpose, when they become diseased all that distinguishes women as women, all that makes them different from men, all that serves as the foundation of their beauty, loveliness and charm, is assailed. As their disease is the impairment of the woman nature, so their complete destruction by removal is the unmaking of the woman nature.

All these wonderful potencies do not reside alone in the small and seemingly insignificant organs in which the eggs that produce all human life have their origin. They in turn are merely the organs, the expression, of complex and mysterious forces that ramify throughout every fiber of a woman's being; but without these organs as a means of expression of the forces that they represent, the forces themselves become powerless. One cannot talk if one's tongue is cut out. One cannot hear if the auditory nerve has been destroyed. One cannot see if one's eyes are taken out. So a woman cannot give expression to her womanliness if her ovaries are diseased or removed.

The Sources of Womanliness

Tucked away in that marvelous receptacle, the skull, are brain centers in great numbers, endowed with a bewildering variety of powers. If the center that receives and translates the impression of sight is removed, the ability to see is completely destroyed, even though the eyes remain perfectly sound. If the eyes are removed and the brain center of sight remains, it not only becomes useless, but through lack of exercise or any necessity for existence, it gradually shrivels and loses its power, just as does anything else in Nature that is denied the function for which it was created.

It is so with the brain centers governing a woman's sexual nature. If

they be removed, her sexual nature will be completely destroyed, even though her organs of sex remain perfectly sound. If the organs are diseased, the brain centers governing them partake of the diseased, impaired and imperfect condition. If the organs are removed, the brain centers governing them gradually shrivel and lose their power; and it is this power that determines the womanliness of a woman, that makes her a woman instead of a man or anything else that Nature did not intend her to be.

As the brain centers are not independent entities, but as each is dependent on all the others for its proper working, it follows that if the brain centers governing the generative nature of a woman become impaired by disease of the generative organs, or rendered useless by the removal of the organs, all the other brain centers suffer in sympathy, and thus the whole nature of the woman, physical, mental and spiritual, becomes impoverished to a greater or less degree.

Small Regard for the Ovaries

If the extensive and intimate nervous connection between the ovaries and the brain were properly understood by the world at large; if it could be adequately realized that the disease or severance of this intricate system of connecting nerves reaches forth a destroying hand to everything that makes a woman a woman; if the sufferers themselves could only appreciate the immeasurable difference between them and women who have been mercifully spared this affliction; if husbands could be brought to know the heavy responsibility resting upon them to master the great truths of this subject; if all who devotedly give their hearts and hands to the unselfish work of uplifting the race could imagine the overshadowing importance of preserving the integrity of womanhood, there would be no inviting of ovarian diseases by unwise conduct, and public sentiment would stamp out the castration of women with an iron heel. The Viavi movement has come as the champion and defender of women. It proposes to assail unsparingly every influence that tends to degrade women and cast them from their high estate. It will labor unceasingly to lead women out of the darkness of ignorance in which they are so persistently kept and in which originate their own sufferings and the incredible harm that these sufferings bring to humanity.

In diseases of the ovaries we find the culmination of all the evils that fall to the lot of a woman's nature. In it we discover the broadest and brightest field for the dissemination of enlightenment, the inculcation of a sense of duty, and the restoration of womanhood to its rightful estate. It is gratifying beyond measure to see, as we expected, the eagerness with which countless thousands of women are responding to this call upon their brains and conscience, the infinite pleasure that they enjoy from health where before they had suffered with disease, and their fearless work and indefatigable zeal in spreading the Viavi truths.

The Nature of Ovaritis

Inflammation of the ovaries (ovaritis) may be acute or chronic. The acute form is that which has existed but a short time; the chronic is that in which the inflammation has become firmly established. Its character is similar to that of inflammation anywhere else in the body; it is this fact that renders it so readily amenable to the Viavi system of treatment. The nature and tendencies of inflammation have been discussed in another chapter. Ovarian inflammation is often very painful, because the ovaries have an exceeding abundance of nerves, every one of which suffers if inflammation to any extent exists, and because it was evidently designed by Nature that as the health of the ovaries was so essential to the well-being of the entire economy, any trouble with them should cause the brain to be vividly informed of the fact, to the end that intelligent means be at once employed to overcome it. In many cases, however, the inflammatory processes have been so destructive as to impair the sensitiveness of the nerves, thus crippling their power to give notice of disease. Thus it is that many women have the most serious inflammation of the ovaries without being aware of the fact from excessive pain.

The left ovary is oftener affected than the right, because the upper part of the rectum is on that side, the pressure from the passing fecal matter, particularly in constipation, acting as an irritant, and also because the left side of the cervix is oftener lacerated than the right. Besides, the left ovary, unlike the right, lacks the valve that assists in controlling the circulation in the right ovary, and hence it is that in the left ovary there is a greater tendency to congestion and inflammation.

The Causes of Ovaritis

The causes of ovaritis are many, among them a sudden suppression of the menses, extension of inflammation from surrounding parts, gonorrhea, excessive coition, astringent or cold-water injections, abortions, miscarriages, displacements of the pelvic organs, any condition that tends to weaken or impede the circulation, pessaries, an improper use of instruments, and cauterization of the cervix with nitrate of silver.

The ease with which the ovaries sympathize with diseases of the other generative organs is explained by the closely related nervous and circulatory systems making all these organs parts of a whole. Not only that, but as the other organs are the servants of the ovaries, the ovarian functions are impaired and disease invited if the servants are diseased. "The uterus and its appendages" is a misleading and unscientific phrase encountered in the medical books. The incorrect inference from it is that the womb is the center of the generative system, and that the ovaries are among the organs inferior to it. The reverse is the truth. A woman's ovaries, which are sacrificed so ruthlessly, are the organs demanding the most care and the most sacred preservation. They should receive first consideration.

The Symptoms of Ovaritis

Ovaritis being, as a rule, complicated with other inflammatory processes, the symptoms are many and varying. The affected ovary or ovaries may be enlarged and tender, with pains radiating at intervals or continually to the sides and down the lower part of the back. Pain in the ovarian region of a dull, aching or burning character, aggravated by moving about or by a sudden jar, is characteristic of ovaritis. Pain in the groin is a frequent symptom, and the leg on the affected side is often kept partially bent to ease the pain. Pains in the leg may be so severe as to cause lameness. Considerable pain may be experienced at stool or while urinating. Hysterical symptoms are often developed, and frequently profuse leucorrhea. All symptoms are aggravated as the menstrual period approaches, and menstruation will be painful and generally profuse. With some sufferers the pain ceases when the flow is fully established. A little excitement will often cause the ovary to throb and burn.

The very same painful symptoms accompanying ovaritis are caused also by a diseased cervix and anteversion. This has frequently led to a wrong diagnosis and brought the sufferer under surgical treatment, the mistaken diagnosis being discovered only when the abdomen has been cut open and healthy ovaries brought to view. Other instances in which similar cutting is done on a wrong diagnosis are when the ovaries suffer with neuralgic pains from conditions existing elsewhere in the body. In both cases the ovaries are generally removed when the operation has progressed thus far, on the amazing theory that if they are out they will give no trouble! As they were not responsible for the pains, no relief whatever is experienced from their removal. On the contrary, all painful symptoms become intensified and many new ones are added.

Mutilation Is Not Demanded

The Viavi system of treatment has developed the fact, beyond all possibility of doubt, that the mutilation of a woman by the removal of her ovaries for ovaritis, is often unnecessary, besides being an evil of inconceivable magnitude. Inflammation here yields with the same readiness as does that in the other organs.

The extensive experience of those engaged in the Viavi movment have demonstrated beyond all question that women with unsound ovaries are much better off than those who have had them removed. While the ovaries are present there is always hope; there is none whatever where they have been removed. The Viavi system of treatment can bring to women who have been thus mutilated a peace and comfort that they have never known before, but it cannot restore the foundation of womanhood—it cannot create new ovaries. In offering perfect relief without mutilation; in effecting a cure without depriving a woman of that upon which her womanhood rests; in bringing her to a condition of perfect health and complete womanliness, the Viavi system of treatment has come as a boon of priceless value, the greatest

blessing that science has ever extended to helpless, hopeless, suffering humanity.

In a preceding chapter addressed particularly to men, but full of instruction and warning to women, something has been said on the general subject of the surgical mutilation of women. We shall now discuss the subject in its more concrete aspect, as it is full of the profoundest interest for every woman who desires happiness for herself and for those dependent upon her.

The Terrors of Mutilation

There is something instinctively repugnant to a woman in the idea of having her body cut open. This is the deep, still voice of Nature pleading within the inmost recesses of her soul. It is true that extremely rarely, or never, is the repugnance based on an intelligent understanding of the dangers and subsequent evils of the mutilation. If it were, there would be no such operations. It is based simply on a natural horror of being cut. A few women have seen men injured or mangled in accidents, and they know full well the awful thing that it is for the human body to be subjected to such an injury. Those who have never witnessed such a spectacle have only their instinctive repugnance to human butchery to guide them. A woman cannot picture herself lying stripped, unconscious and helpless in the midst of a group of male operators, spectators and students, with a number of alert female nurses in attendance. She cannot see the administerer of chloroform or ether standing at the head of the operating table, administering the deadly drug and watching with anxious expectancy for the dreaded signs of sudden collapse. She cannot behold the table laden with a glittering array of sharp knives and other instruments. She cannot see her white skin part under the sharp knife, and the blood spurt as veins and arteries are cut. She cannot see the nurses deftly sponging away the blood in order that the operator may see the better how to do his work. She cannot see him examine her ovaries, and then perhaps wonder whether they should be removed or not. She can take no part in the momentous discussion that ensues, and upon which the best in her life depends. She cannot protest if it is decided to remove ovaries that are sound. She lies completely helpless, every sense and faculty bound in chains heavier than the stoutest iron. She cannot know if a slip of the knife opens the bladder or intestines. And she cannot foresee the sufferings, mental and physical, that will abide with her all her life if she survive the ordeal.

Two Illustrations Contrasted

Let us see the difference between the woman who offers herself to surgical mutilation and the one who adopts the Viavi system of treatment. The first will not be informed of the dangers and horrors of an operation, for that would surely decide her to forego it. She cannot conscientiously be promised absolute

relief, for that is impossible; she cannot be told that she will be as sound and happy as a young girl, because that would be untrue. The best that can be said to her is that "only relative results can be safely counted on." That may be told her conscientiously, because that is what the old methods teach; but that does not make it true, nor is it true or even possible. She will not be told that her unsexing will render her unfit for wifehood and the higher duties and pleasures of life, because the old methods do not admit that such a result will accrue. She will not be informed that it is proposed to castrate her. That terrible word, "castration," will never be mentioned to sufferers. The affair will be called an "operation"! In the books it is technically called ovariotomy, or extirpation of the ovaries. Nevertheless, it is castration. A woman offering herself to this operation will not be told what a castrated human being is. Should she ask if men are castrated as readily as women, the question might prove embarrassing.

The woman with ovaritis who offers herself to the Viavi system of treatment is informed that the Viavi system of treatment will assist Nature to overcome her disease by perfectly natural means; that there will be no violence, no forcing, no foolish and hurtful attempt to substitute human skill for that of the Almighty; that the progress will be slow, so that when completed it will be thorough and permanent; that after the cure is effected, she will find herself a complete, hearty, happy woman, in possession of all the attributes of her womanhood, equipped to enjoy life as it was designed that she should, and able to exercise the usefulness that should be the aim and desire of every true woman.

It is not difficult to make a choice between these two methods.

The Success of Operations

Skill in the art of surgery has reached so high a point that the number of deaths of women under the operation for the removal of diseased ovaries has become comparatively small. It is this fact that makes the resort all the more insidious and deadly. In the first place, as a woman suffering with ovaritis has greatly impaired strength and vitality, extreme care is taken to build her up with treatment, so that she may be reasonably expected not to die under the knife. Recent strides in antiseptic surgery have reduced the chances of infection. The ligation of severed arteries and the sewing up of wounds have become an exquisite art. All these and other advances have so greatly reduced the chances of dying from the operation that surgery has been made dangerously inviting to the unwise, particularly to those who do not know that a cure of any chronic condition cannot possibly be made quickly nor by violence and the outraging of natural laws.

A reduction of the chances of fatal results under the operation has only aggravated the evil. Statistics showing the small percentage of women who

die on the operating table give rise to one of the most hurtful delusions of the age. The statistics of women discharged from hospitals as "cured" serve a similar purpose. A terrible and eloquent record might be compiled by following up the life of every woman who has been castrated. It is in the aching silence of the home that the true story of the success or failure of surgery is read.

Frightened by Operations

A remarkable and significant fact is that nine-tenths of the women who come under the Viavi system of treatment for ovarian diseases have been assured that a surgical operation—in other words, castration—offered the only hope in their cases. Many were given a certain short length of time in which they might expect to live if they did not submit. A great many thousands of women throughout the world have come under the Viavi system of treatment and been cured by means of it after being told that castration (politely called an "operation") offered the only known and possible means of relief, and after being assured that they could live but a short time without it. It is gratifying beyond all measure that there are so many women in the world (and there are incredible numbers who have not yet been reached) who have the moral courage to resist, and the common sense to seek other means of relief. Their action is all the more encouraging in view of the fact that every sort of human pressure is brought to bear upon them to compel them to submit. They are taught, in the first place, that all the possible and conceivable curative skill in the world resides in the medical schools. They are never shown that Nature, and Nature alone, is the great physician, and that Nature, and Nature only, can cure disease. Added to this is the warning of early death if they do not submit. And superadded to this is often the entreaty or demand of their husbands that they suffer the mutilation. All this makes it remarkable and immeasurably gratifying that the womanliness, common sense and courage of so many women enable them to resist this almost overwhelming pressure and exercise the sense of individual responsibility that the Creator implanted for the wisest purposes in the breast of every rational being.

In a Wretched Position

The woman afflicted with ovaritis finds herself in the most unhappy position imaginable. On the one hand is her instinctive repugnance to being cut open, her fear and horror of the ordeal. On the other are the ceaseless pressure and urging of those whom she has been taught to trust and honor, and, if her husband is among them, to love. Every gentle and confiding trait of her nature is worked upon. If she wavers and seeks for light in medical works, she is driven to despair to learn that surgery offers the only hope. She is amazed and crushed to discover that so large a part of the modern medical journals is devoted exclusively to surgery, and that nine-tenths of the operations re-

ported show the different methods employed for the mutilation of women—none, she may pause to reflect, for the mutilation of men.

She appeals to her husband. He is the one above all others who loves her, who has her welfare at heart, who desires every possible thing to be done for her health and comfort. He is the one in all the world upon whose manliness, generosity, sympathy, affection and wisdom she feels that she can rely. From the depths of her anguish she will beg him to tell her if it is not possible for this bitter cup to be withheld from her lips. "No," he will answer gravely; "the doctor says it must be done, and he knows best; he understands his business:" Still she cannot accept it. With an aching heart and a broken body, suffering as few mortals can, in all the ways that mortals can suffer most, she seeks a physician other than the one who had informed her that only an operation could save her; surely this one, so kind and skillful, will know of some other way. "No," he announces, after a careful examination; "nothing but an operation can save you." Castration again! She refuses to submit. Still hoping against hope, she seeks another. It is the same dreadful story—operation, nothing but operation; mutilation, nothing but mutilation; castration, nothing but castration. It would seem almost a miracle, a direct interposition of Providence, that this crushed and despairing woman, preferring death to the horrors that confront her, should drag forth from her shattered strength the resolution to resist to the end, and exercise her heaven-sent gift of common sense. But she does. She may pause to reflect that science is constantly advancing, that what is conscientiously believed to be right to-day is found to-morrow to be wrong. She searches further, leaving the beaten track that has become a nightmare. She discovers the Viavi system of treatment. She learns of innumerable cases similar to hers in which perfect health has been secured by adopting it. She may or may not become convinced that the treatment will probably be efficacious in her case—that makes no difference with the healing power that Nature receives from the treatment. With her it may be merely a matter of trying something, anything, that offers an escape from the horrors with which she has been confronted. She places herself under the Viavi system of treatment, and gradually becomes well, strong, competent and happy, retaining everything that constitutes her womanhood, and in the end presenting herself to her husband as his perfect wife.

This is not a fanciful illustration. Not only is it the transcript of one particular case that is in mind, but it is strictly representative of thousands of similar cases.

Men Who Shield Their Wives

Many times it is the husband who refuses to permit his wife to submit to mutilation—castration—even when the wife herself is willing. Such cases constantly arise. They are deeply gratifying as showing the common sense and independence of

judgment that are so natural with men and so becoming in their conduct. Here is one of thousands of such cases:

One day a large, handsome man, with clear, steady eyes and a face showing strength and determination of character, presented himself at one of the principal Viavi offices. With him was his young wife, a bride, about twenty years of age. Her wide blue eyes and pinched face presented such a picture of terror combined with suffering and hopeless resignation as can never be forgotten. Her history was soon told. At the time of her marriage she was a light-hearted, plump, rosy-cheeked country girl, ignorant of the vital things that a woman should know. Shortly after her marriage she contracted a severe cold. It had settled in her ovaries, which, when her husband presented her at the Viavi office, were tender, enlarged, inflamed and exceedingly painful. Almost the first question that the husband asked was whether we operated for ovarian troubles. When promptly answered in the negative an expression of great relief came into his face. He then voluntarily told the following story:

"My wife and I have been making a tour of the offices of the leading physicians of this city. Seven of them examined my wife. Her abdomen had been so roughly and deeply kneaded that every breath caused intense pain. The first surgeon advised that my wife's ovaries be removed. I knew what that meant"—and here his face flushed—"it meant castration. I thought I had consulted the wrong doctor, and so I went to another; it was the same story there—castration. I went to a third; still it was the same—castration. We could stand no more that day. My wife was weak and suffering, and I was sick at heart. We waited a few days and then resumed our search. Only two physicians were consulted that day, and both declared for an operation—castration. It had a seriously depressing effect upon my wife, and I had difficulty getting her home. Her mental condition became so bad that I went out alone and described her condition to other physicians. They all declared that there must be an operation—castration. I told my wife that they all agreed to the same thing—castration—and asked her what she thought about it. I can never forget the look of despair in her face. She said that they ought to know what was best to be done, and that she was willing. I could not bring myself to believe that castration offered the only relief. One of the surgeons whom I had visited came to my office and insisted on an immediate operation. A friend of mine was present. After the surgeon had left, this friend said that he knew of a non-surgical treatment that his wife had used for a similar trouble, and that had produced her cure. It was the Viavi system of treatment. He told of his wife's experience—how she had gone from one physician to another and had heard the same story—castration, castration, castration—until she had become a nervous wreck from fright and from thought of what such an operation would mean to her. I

knew, and so did my friend, that castration must mean as much to a woman as to a man; my friend and I knew what we should be if castrated, and we were determined that our wives should not submit to such mutilation if there was any way to avoid it without sacrificing their lives."

This man's wife made a rapid recovery under the Viavi system of treatment. A little more that a year after her visit to the Viavi office she came in bringing a splendid boy baby that had been born after she recovered her health. It was impossible to recognize her at first, so rosy and plump and happy she was, and so proud of what she declared was the best and healthiest baby in the world. She had come merely to express her gratitude and exhibit her wonderful boy.

The Fallacy of Castration

Both men and women should know—and it cannot be too deeply nor too often impressed upon them—that the moment a woman submits to the removal of her ovaries she is a castrated woman; that at that moment she ceases to be a woman, and that she is no longer a wife except in name. She must be a strange woman who, understanding what castration means to herself and husband, what she loses physically, mentally and spiritually by this mutilation, what crippling she suffers as her husband's partner, counsellor and inspiration, will submit to it. Women who demand the relief that was offered them by going through this terrible ordeal are looked upon as unreasonable and troublesome. They are now brought face to face with the helplessness of their condition and position, socially, domestically and physically. They feel keenly the barrier that has arisen between them and their husbands, which no tenderness, devotion nor kindness can obliterate. Their bodily sufferings are intensified. To these have been added a mental anguish and despondency that border at times upon insanity, for they are now brought face to face with the results of these operations; the infinite pity is that they did not know in the beginning.

Physical Effects of Surgery

If the finger, arm or leg be amputated, we all know that the stump remains exceedingly sensitive, and that it has to be carefully protected. This is so, even though it is covered with skin. If any part of the generative tract is cut, innumerable nerves are severed—far more than in an amputation of a finger, an arm or a leg, and there is no thick skin with which the severed ends may be covered. Hence these severed nerve-ends suffer constant irritation, and this irritation is constantly nagging the brain centers and drawing upon the strength of the system. Again, as the blood supply to these parts is enormously abundant, large numbers of blood vessels also are severed; the larger ones are ligated, or tied, the smaller ones are caught within the stumps or scar tissue which forms. The beautiful mechanism of the abdominal circulation is fearfully

injured, the circulation is impeded, and Nature rebels at this shameful and unnecessary mutilation.

A certain amount of inflammation follows these operations, and peritoneal adhesions are bound to form from that condition. These adhesions may be so extensive that the contents of the pelvic and abdominal cavities are glued together in the most fantastic fashion. As it is necessary to the healthy functional activity of these organs, and to life itself, that all the parts designed to have freedom of motion should enjoy it, adhesions, by preventing it, set up the most extensive conditions that undermine health and threaten life. The nerves in the stumps left by the operation are constantly irritated; this irritation produces inflammation, and from inflammation adhesions inevitably arise. It is common for the second, third, fourth, and even as high as the eighth operation to be performed in efforts to undo some of the harm of preceding operations, principally in forcibly breaking down adhesions that have been formed. Even this is unnecessary, as in the chapter on Adhesions it will be seen how readily the Viavi system of treatment assists Nature to loosen adhesions without any resort to violence.

By these adhesions the normal movements of the bowels are partially suspended. Powerful purgatives are thereupon administered to render the passages liquid, no solid fecal matter being able to find its way past the abrupt angulations that have formed in the bowels. From their use the stomach and whole alimentary tract suffer impairment of health and function, and in time this condition becomes irreparable.

Disintegration of the Nerves

Let us observe the conduct of the millions of nerves that have been severed by the operation for the removal of the ovaries. The removal of the organs that they were designed to govern deprives them of the work that they were created to do, and besides, the cutting of them is a direct violence. Hence they gradually die from the severed ends toward the spinal cord, and then through the cord to the brain. This accounts in part for the morbid and melancholy condition of a castrated woman. The integrity of the nervous system is impaired, and thus the source of all healthy physical and mental activity is weakened.

Again, every organ in the body has a special space allotted to it. Extraordinary and ingenious compactness is observed upon opening the body. All the internal organs are dependent upon the others in a mechanical sense to a greater or less extent. Each organ needs exactly its own natural space, no more, no less, for its perfect functional health. If this space is either increased or diminished, the harmony of the body is destroyed, and the entire body must suffer. If an organ be removed its suspensory ligaments are severed, partially or wholly; this weakens the entire body. Other parts of the

viscera, especially those just above the removed organs, sag down out of place; others, just above them, also sag, and so on, until all the viscera become displaced more or less.

The severing of the abdominal walls is also a very serious feature of these operations, but that will be discussed in the chapter on the Abdominal Walls, it being so important a subject as to demand separate and thorough treatment.

Other Effects of Castration

Castrated women are prematurely, and therefore unnaturally, forced into the change of life. When this change occurs naturally, an exquisite readjustment of all the bodily functions takes place gradually. In the process every nerve, every fiber, every cell is called upon to do its particular share of the work; but in this elaborate process the presence of the ovaries is necessary, as it is through these organs that the genital life is largely established, and through them that it is normally given up. Many of the ills that a castrated woman suffers come from her being forced unnaturally into the change of life.

Women generally undergo this fearful ordeal when their vitality is at the lowest ebb, and when they have the least strength to resist the evils that it creates. The stitches do not always absorb. Often they fester out through the tissues, causing not only suffering and pain, but also leaving large festering holes in the abdomen or buttocks, which refuse to heal.

Death Is Always Threatened

Many women die from the shock of the operation for the removal of their ovaries; some while on the operating table, others at varying intervals of time afterward. Those who do not die never entirely recover. With all these risks to life, and considering the gloomy prospects, is it to be wondered at that so great an army of women, instructed by the Viavi movement, are in rebellion against the surgical treatment of ovaritis and defending a rational treatment in preference? Viavi advocates emphatically deny that inflammation of the ovaries and its expected results are always a menace to life, and they as emphatically declare that ovariotomy is neither a rational cure, nor any cure at all. The unparalleled extent of Viavi in the civilized countries of the world is ample attestation of the good work that it is doing in overturning the dangerous fallacies of the old methods of treatment. Here, as elsewhere, the power of the treatment in rendering Nature the assistance needed to overcome the inflammatory condition in the ovaries, is as fully established as any fact of human experience. To expect a cure by surgical means is to expect something wholly at variance with all knowledge of the working of natural laws. Both its ineffectiveness and its evils have been established beyond all possibility of doubt by the vast experience and observation of those engaged in the Viavi movement. Suffering is the natural and unavoidable consequence of these

operations, as of all other violations of natural laws. Any one who claims that a cure can be effected by surgical means is going contrary to all experience and analogy.

We recall a case, among thousands of others, in which each of the ovaries was as large as an orange. They gradually returned to their natural size and condition under the Viavi system of treatment. An operation had been advised, the condition having been declared incurable otherwise. This sufferer afterward became pregnant and gave birth to a fine male child.

Failure Proved by Statistics

So far as we can find, there has been but one systematic inquiry into the ultimate effects of the castration of women, surgeons generally being content to castrate a woman, patch her up, and then dismiss her as "cured." It seems to have occurred to one eminent physician to follow up one hundred cases of castration performed in the Broca and St. Louis Hospitals, Paris. The result of his investigations, published in 1897, were as follows: "Of castrated women, 78 per cent subsequently suffered a notable loss of memory; 60 per cent were troubled with flashes of heat and vertigo; 50 per cent confessed to a change in their character, having become more irritable, less patient, and some of them so changed as to give way to violent and irresponsible fits of temper; 42 per cent suffered more or less from mental depression, and 10 per cent were so depressed as to verge upon melancholia. In 75 per cent there was a diminution in sexual desire, and some of these explained that they experienced no sexual pleasure; 13 per cent were not relieved of the pain from which they suffered; 35 per cent increased in weight, and soon became abnormally fat. Some complained of a diminution in the power of vision; 12 per cent noted a change in the tone of their voice to a heavier, more masculine quality. Some 15 per cent suffered from irregular attacks of skin affections; 25 per cent had severe headaches, as a rule increased intensity at the catamenial period. Equally as many complained of nightmare, more or less constant, while about 5 per cent suffered from insomnia. In a few cases there existed a sexual hyper-excitability not present prior to castration. I particularly noted a few cases presenting chiefly gastric reflexes, where without any premonitory symptoms or apparent cause the stomach would reject food or refuse to prepare it for intestinal digestion, and the subsequent distress following the fermentation compelled the patient to seek relief. It should be noted that usually these troubles were more marked in women under thirty or thirty-three years of age."

This showing is remarkable enough, but it will be noted that some very important things are omitted. It fails to show that a single one of these cases escaped one or more of the troubles enumerated, and the presumption is that not one of them did. Such, in fact, is the result of careful observation on the

part of Viavi advocates. Thus, of the 50 who did not "confess" to having "suffered a change of character, becoming irritable and giving way to violent fits of temper," we may be certain that 39 suffered a "notable loss of memory," that 5 were so depressed as to verge upon melancholia, and so on. In other words, if one of these castrated women escaped one of these afflictions here mentioned, we may be certain that she did not escape one or more of the others.

Of course the foregoing report fails to show also deaths among castrated women from diseases that gained a foothold as the result of the weakened and deranged condition of the nervous system from the violent outrage of the operation, and also deaths that occurred during or soon after the operation. It was only the women alive at the time the investigation was made who were included.

Surgical Diagnosis Considered

Countless women are cut open on a wrong diagnosis of ovarian inflammation, and then it is discovered that the cutting was unnecessary.

Infinitely worse than cutting open on an erroneous diagnosis is what is termed "exploratory surgery." This is when a woman is cut open simply to find out what the trouble is! This may sound incredible to the uninformed, who know nothing of the harm done by opening the abdomen, but it is not only a fact—it is a very common one.

Under the Viavi system of treatment it makes little or no difference if the exact condition is known or not. Special directions are given for what are assumed to be particular diseases. The common sense of any one will show that the following of these directions can do no harm whatever, but invariably good. As no natural laws are violated by them, it is impossible for them to do harm.

How Women Are Frightened

Ovaries that are displaced, sensitive and swollen yield in some cases rapidly to the Viavi system of treatment, others more slowly, but always beneficially. This, of course, means here, as elsewhere, when the condition has not progressed until it has become malignant, which is not of frequent occurrence. Many women are frightened into operations by hearing that there is a collection of pus somewhere within the pelvic or abdominal regions, and that a speedy operation will be necessary to prevent blood-poison; but as large numbers of such have placed themselves directly under the Viavi system of treatment and have grown safe and sound, it is positive evidence that even though there be a formation of pus within these cavities, it does not warrant an operation in a large number of these cases; besides which, the diagnosis two-thirds of the time is guesswork. These cases are simply pronounced in-

curable outside of surgery, and the diagnosis is made with the knife. Under the Viavi system of treatment there is no cutting, no mutilation, no humiliation, no castration.

The Significance of Pains

In ovarian troubles it is not at all uncommon for the sufferers to feel decidedly worse after commencing the Viavi system of treatment. The inflammatory process has been of a destructive nature, and the tissues and nerves are largely devoid of feeling in many cases. As a healthy reaction is established, the sense of feeling returns, the terminal nerve filaments resume their function, and the brain is notified by the signal, pain, that an abnormal condition exists. The part of the nervous system here implicated acts independently of our will, and the brain becomes the overseer, so to speak, while the repair work progresses to a finish; hence these pains which arise are simply signals and a part of the curative process in such cases. Often great amounts of diseased tissue and black, offensive clots of blood are expelled from the vagina and rectum after the sufferer has been under treatment for several months, the sufferer, previously to this time, having felt bad, or much worse than she did before coming under the treatment. New pains, aches and disagreeable symptoms appear, and the patron who does not understand that the Viavi system of treatment simply strengthens the body and enables it to do this work, becomes bewildered and cannot account for her seemingly growing worse. But this fact, that patrons often feel worse while under the Viavi system of treatment than before employing it, has come to be well understood as a favorable symptom; hence when this extensive reactive process is not necessary, some patrons not understanding this fact, are apt to wonder if results are being accomplised in their cases.

No Two Cases Similar

The various parts and organs will take up of the treatment what they can and use it to the best interests of the body. Patron No. 1 has ovarian trouble, but her cure will vary greatly from that of Patron No. 2, who also suffers from diseased ovaries. So we could select one hundred cases, all of ovarian troubles, not two of the sufferers having exactly the same experience while under the treatment; but the results were all the same—a perfect cure. Here the Viavi system of treatment differs from all other forms of treatment. If the inflammatory process has extended a little further in one case than in another, causing an entirely different form of suffering, it can be overcome by exactly the same treatment, as the cause is the same. A different remedy for each ache and pain is not required, but if the cause be removed as it is under the Viavi system of treatment, the results will be the same—a cure—where the treatment is used early enough and sufficiently long. (For ovarian tumors see chapter on Tumors.)

Treating Ovarian Diseases

The Viavi system of treatment for diseases of the ovaries consists of the use of Viavi capsules and cerate unless complications are present. If the bladder is implicated, the Viavi liquid should be used in conjunction with the capsules and cerate; if the rectum, the Viavi suppositories; if the stomach, the Viavi tablettes; if constipation is present, the Viavi laxative, etc.

The patron should read carefully the Rules of Abdominal Massage.

A douche of moderately warm water should be taken every night just before retiring, unless copious leucorrheal discharges are present, when a douche both night and morning should be taken. (See Reclining Douche, so that this hygenic aid may be used intelligently.)

As adhesions are frequently present, the pendant abdominal massage (see Pendant Abdominal Massage) should be used at least twice a week, so as to help as far as possible to break loose these adhesions, as by the Viavi system of treatment the curative process is a gradual absorption of this adhesive tissue.

The use of both hot and cold compresses (see Hot Compress and Cold Compress) will prove beneficial adjuncts, and should be used alternately, one of each a week. When the compresses are omitted, the pendant abdominal massage should be used.

The Viavi cerate is to be used daily over the region of the spine (see Cerate on Spine); also over the region of the entire back, and down over the buttocks. When the legs and groins are painful, here also should the cerate be applied daily.

The capsule is to be used daily per vagina, unless too great a reaction is at first brought about, when all symptoms seem to be aggravated; then only half a capsule should be used for about two weeks or one month. As soon as the system accommodates itself to the half capsule, then the whole capsule is to be used. If the sufferer's condition seemingly comes to a standstill, the double-strength capsules should be used, so as to push the cure, so to speak, by natural means, to as speedy a termination as possible.

One very essential thing for such patrons to observe is to avoid sexual excesses, and it would be much to such patrons' interest if coition be entirely abstained from until the cure has well progressed. Rest in bed during the menstrual period will also greatly hasten the patron's recovery. A light diet at the approach of the menses is also advised.

CHAPTER XLI.

INFLAMMATION OF THE FALLOPIAN TUBES.

(SALPINGITIS.)

THE closest structural and functional relationship exists among the Fallopian tubes, womb and ovaries; hence an inflammatory process that involves one is very apt to involve the others. The tubes are liable to displacements the same as the ovaries and womb. A full description of the tubes, their position and functions, will be found in other chapters.

Inflammation of the Fallopian tube is called salpingitis, of which there are three kinds, the acute, the chronic and the catarrhal.

The Results of Salpingitis

The tube, from inflammation, may become displaced, enlarged, elongated, and twisted or bent into knuckles. When very severe inflammation exists, the ends of the tubes become closed, and the secretions, which may be abundant, will accumulate within the closed tube; hence its distension and prolongation, which are often great, and which will cause it to become convoluted and to hang down by the side of the uterus in a sausage-like body.

Sometimes inflammation renders the tube very easily broken, and the small fimbria which connect it with the ovary become severed. Stricture of the tube also results from inflammation. Where a collection of pus forms and is held in the tube it is then regarded as a pelvic abcess. In salpingitis, unless it is held in check by rational treatment, extensive adhesions may form, and the tubes become adhered to adjacent parts.

The Symptoms of Salpingitis

The onset of salpingitis may be very severe, and again mild. The causes are much the same as those producing inflammation of the womb and ovaries. The symptoms are very similar. The fact should not be lost sight of that the Fallopian tubes are simply prolongations of the womb, that they are only four inches in length, and that the ovaries are not only attached to the tubes, but to the womb as well, a perfect loop being thus formed on either side of the womb

These organs, being closely connected and held within a very small space, cannot be considered nor treated separately; they must be considered and treated as a whole.

The Treatment for Salpingitis

Where the Viavi system of treatment is closely followed, here, as elsewhere, excellent results are obtained. If obstructions are present, they are overcome, and the tube discharges itself into the womb, its natural outlet. In other instances an active suppuration is arrested and the secretions are gradually absorbed. A catarrhal condition here yields as readily as the same condition elsewhere.

If the tube rupture and empty itself into the peritoneal cavity, the results necessarily will be serious; hence the wisdom of commencing the use of Viavi in the beginning, so as to prevent such a result, if possible, and at the same time to save a great amount of pain, which necessarily accompanies salpingitis. When salpingitis has become chronic, the cure will necessarily be slow. When employing the Viavi system of treatment for this disease, the patron should understand that she is not experimenting. The treatment has cured salpingitis in the past, is doing so at the present time, and, no doubt, will continue to do so in the future; but the length of time to perfect a cure depends entirely upon the extent of the inflammatory process, the care with which the treatment is employed and followed up, and the recuperative strength of the patron.

Successful Cures Effected

An interesting case, among many others, was that of a middle-aged woman who came under the Viavi system of treatment for a complication of uterine troubles. After using the treatment for a time the complete cast of one of the Fallopian tubes was expelled, and this was followed by a sense of great relief. The time consumed in this cure was about two years, but to the patron's knowledge she had been ill ten years.

Another case was that of a woman who came under the treatment while suffering intensely from an abscess of the Fallopian tube. An immediate operation had been advised but the patron preferred the Viavi system of treatment to the operation. The abscess discharged itself into the cavity of the womb, and the recovery was perfect, with no return of the disease, after the lapse of a little over three years.

The Dangers of Curetting

Curetting the womb is an operation by which great and almost irreparable injury is done the minute and delicate uterine openings of the Fallopian tubes. When the membranes surrounding these openings are cut away by the curette, a

sharp spoon-shaped instrument, they are left raw and bleeding, and frequently close up in healing, leaving either no opening, or a thickening of the membrane that causes partial closure. The opening of the tube is so small that it will scarcely accommodate a small bristle. From this it can be easily understood how inflammation of either the womb or tube may close these minute openings, and how their closing is followed by so many painful symptoms and often fatal results. (See chapter on Curetting.)

The treatment for salpingitis is the same as that given for inflammation of the ovaries and womb.

Chapter XLII.

DISEASES OF THE VAGINA.

INFLAMMATION of the vagina (vaginitis) may be either acute or chronic. It may be caused by exposure to cold and dampness, excessive intercourse, local irritation from pessaries, excoriating discharges from the uterus, retention of bits of sponge, medicated or astringent douches, extension of inflammation from below or above, childbirth and gonorrhea.

The Symptoms of Vaginitis

The symptoms depend entirely upon the severity of the attack. The secretions, or leucorrheal discharges, are at first scanty, but soon become profuse and often purulent, which are its chief symptoms. It is accompanied with a burning heat and a throbbing sensation in the vagina, and sometimes severe pelvic pain. There are often an aching and a sensation of weight in the perineum, or floor of the pelvis, and frequent urination. Painful sensitiveness is characteristic of vaginitis, which often renders coition extremely painful or impossible. The mucous membrane of the vagina becomes red and congested, showing raw patches here and there, or it may progress to ulceration.

In granular vaginitis, the walls feel to the examining finger as if they were covered with millet seed, which condition may extend up over the neck of the womb. This form of vaginitis is extremely painful and is stubborn to treat.

In adhesive vaginitis the walls bleed easily. The leucorrheal discharge is watery and tinged with blood. As bloody discharges point to grave conditions, as a rule, adhesive vaginitis is likely to be diagnosed wrongly, thus placing the trouble under malignant diseases. The flowing of the excoriating discharges in vaginitis over the parts often produces extreme soreness about the vaginal orifice and external genitals, and is often accompanied with pruritus, or intense itching of the parts, and discomfort. Painful contractions of the sphincter muscles also occur.

In chronic vaginitis the red appearance of the vaginal walls and an excessive leucorrhea may be the only noticeable symptoms. As vaginitis means

inflammation of the vaginal walls, it comes within the clinical range of the Viavi system of treatment, as does all other inflammation. As the inflammation is reduced the discharges become gradually lessened; also the burning, soreness, etc.; while its extension to other parts is prevented.

The Treatment for Vaginitis

During the actue stage, rest in bed is imperative. The vagina should be washed out at least twice daily with a copious hot-water douche, taken in the reclining position. Twenty drops of the Viavi liquid should be added to each pint of water used. Even though the attack may not be severe, after the morning douche the patient should remain in the recumbent position for about one hour.

A hot sitz bath should be taken once a day. (See Hot Sitz Bath.)

The Viavi cerate is to be used externally over the region of the abdomen, spine and floor of the pelvis for at least thirty minutes, once a day, while a Viavi capsule is to be inserted both morning and evening, immediately after taking the douche. The liquid is to be taken into the stomach three times a day in from five to ten drop doses, twenty minutes before meals.

When the symptoms have moderated somewhat, the walls of the vagina may be kept separated by a fold of gauze, which should be well covered over with dissolved Viavi capsules. To dissolve the capsules, take the contents of three and mix well with one tablespoonful of vaseline or olive oil. With this saturate the gauze well before inserting. To insert, the gauze can be laid over the vaginal tube of the syringe. As the tube is withdrawn the gauze will be left in the vagina. It should be well pushed up with the tube, high in the vagina, and should be of sufficient length to protrude well down between the labia.

The external parts of the genitals should be well covered over with the above mixture.

The Nature of Vaginismus

By vaginismus is meant a painful spasmodic contraction of the muscles of the vaginal opening. These contractions may be so severe and painful as entirely to prevent coition. Even the introduction of the syringe may be accompanied with severe pain, as also the introduction of the examining finger.

The cause may be an erosion or rawness at the entrance of the vagina, or the remains of the hymen, which contain inflamed nerve filaments. Inspection frequently reveals no cause for the painful condition, showing that it is plainly of a nervous origin.

The Treatment for Vaginismus

A Viavi capsule is to be placed in the vagina daily, just within the vaginal orifice. The contents of a capsule should be used freely several times a day, externally over and about the vaginal sphincter.

A cold sitz bath should be taken once a day. (See Cold Sitz Bath.)

As all diseases of the vagina are accompanied with extreme nervousness, the use of the Viavi cerate over the spine is always a necessary part of the treatment. (See Cerate on Spine.)

Prolapsus of the Vagina

Prolapsus of the vagina is a weakness or disease frequently encountered among women. It is caused by a weakness or abnormal relaxation of the vaginal walls which permits of the walls rolling outward or protruding downward through the vaginal sphincter.

When the posterior wall rolls out it brings with it the anterior wall of the rectum, and a swelling is produced of variable size at the orifice. This is known as rectocele.

When the anterior vaginal wall prolapses it brings with it the posterior wall of the bladder or its base; and this is known as cystocele.

Both of these conditions interfere with the functional activity of the parts involved. In rectocele the expulsive powers of the rectum are greatly diminished. In cystocele the pouching downward of the base of the bladder causes a retention and decomposition of the urine; hence cystitis, or inflammation of the bladder, is a frequent result of cystocele.

Some Causes of Prolapsus

A relaxation of the vaginal wall is frequently brought about by retaining the urine until the bladder is distended and weakened. The anatomical relations of the bladder in men and women greatly differ; hence the different habits of the sexes. For social and conventional reasons it is comparatively easy for men to empty the bladder frequently; but not so with women, who are often forced to hold the urine until the bladder is so distended that its walls become relaxed, and prolapsus of the bladder and anterior wall of the vagina results. This weakness is progressive and is not discovered until the "lump" is noticeable, which is the prolapsed bladder.

Other causes are external laceration and getting up from the lying-in bed too soon. Weak, flabby abdominal walls also aggravate a loss of tonicity in this region.

An Interesting Case in Point

Here is the case, among many others, of a woman fifty-three years of age, who had suffered for many years from cystocele, or prolapsus of the vagina, and cystitis (inflammation of the bladder). The protruding bladder resembled a good-sized egg. From inflammation and by strangulation and irritation its appearance was angry and of a purplish dark color. There was present also great abdominal weakness, with exaggerated relaxation of the abdominal walls. This patient had no faith whatever in being cured when coming under the

Viavi system of treatment; but, fearing that the bladder would become ruptured, she employed the treatment simply for the purpose of reducing the inflammation, and thus preventing, if possible, such an accident. She was under the treatment but about two months, when she suffered severely from an attack of la grippe. In spite of this, the recovery was made in a reasonable length of time.

The Treatment for Prolapsus

The forms of Viavi to be used in such cases are the capsules, cerate and liquid.

Prolapsus of the vagina is greatly favored by relaxation of the abdominal walls; therefore such measures as will make firm and tense the abdominal walls will have most marked and beneficial effects on the vagina.

The cold compress (see Cold Compress) should be used twice a week, or one cold compress and one cold sitz bath (see Cold Sitz Bath) may be used.

The cerate is to be used daily over the abdominal region. (See Rules for Abdominal Massage.)

A hot vaginal douche, both morning and evening, is to be taken in a reclining position. (See Reclining Douche.) After the morning douche the patron should remain in a reclining position for at least an hour afterward, as heat greatly relaxes the parts for the time being.

The cerate on the spine is to be used daily. (See Cerate on Spine.)

The Viavi liquid is to be taken in the stomach, three times daily, in from five to ten drop doses, about twenty minutes before each meal. The liquid acts directly and beneficially upon the whole urinary tract.

The bladder should be emptied frequently.

The pendant abdominal massage (see Pendant Abdominal Massage) cannot be too highly recommended for this weakness, and where the patron is so situated that an attendant can give this massage daily, it greatly curtails the time consumed in curing.

The Nature of Pruritus

Pruritus means an intense itching of the vagina or vulva. Like leucorrhea, it is not a disease, but a symptom which indicates the existence of some abnormal condition, which is not always confined to the generative tract. Pruritus may yield quickly to treatment, but as a rule it proves one of the stubbornest conditions to overcome. Its successful treatment has long baffled the best medical skill. There is no abnormal condition that exists, which, without threatening life, succeeds in making a woman more utterly wretched than pruritus.

The distress is generally increased by warmth in bed. The itching and burning may be so intense that the sufferer cannot refrain from scratching or

rubbing the tender parts, which relieves for the moment only, but by thus breaking the tender mucous surfaces she intensifies her sufferings. She constantly makes use of the douche, bathes the external parts with first one medicated wash and then another, but all to no avail. The itching may extend to the anus and even down over the thighs, causing women to become hysterical and to suffer from nervous prostration. The annoyance and discomfort are great.

Some Causes of Pruritus

Women approaching the change of life are more frequently afflicted than others, but pruritus is not infrequently found in children and young women. In children it may be caused by an acrid leucorrheal discharge that irritates the vaginal tract and external parts, or by worms that creep from the anus into the vaginal orifice.

It frequently accompanies leucorrhea where the discharge is of such a character that it irritates the surfaces over which it passes. Tumors also induce pruritus by the abnormal secretions that at times accompany them.

When it appears at the change of life it is frequently due to an abnormal condition of the urine. Upon analysis the urine will be found to contain a substance resembling sugar. The term "climacteric diabetes," which has been given this abnormal condition of the urine, is most excellent. An abnormal condition of the urine at any time of life may cause pruritus.

Cause Must be Removed

Nothing has so far been discovered by which this painful and irritating condition can be quickly cured unless the cause of the trouble lies within easy curative reach. The cause must be sought out and overcome; then pruritus can be permanently cured. It frequently occurs in women who have suffered from uterine diseases for years, or from functional derangements of various parts of the body, whereby the system has been poorly nourished for some time before the approach of the change of life or independently of the change.

Women suffer such tortures from pruritus that they usually demand instant relief, which is often beyond the skill of those of great exeprience. The cause must be sought for and skillfully treated. If the cause is a leucorrheal discharge that arises either in the womb or the vagina, these parts must be treated intelligently and for a sufficient length of time. If it comes from an abnormal condition of the urine (diabetes), the kidneys must receive attention, etc.

The Treatment for Pruritus

When pruritus occurs near the change of life the Viavi liquid is always advised, the kidneys being, as a rule, at this time more or less involved. The liquid should be taken into the stomach three times daily, about twenty minutes before each

meal, in from five to ten drop doses, in a tablespoonful of hot water. The Viavi capsules and cerate also are advised. The hygienic treatment to be followed up as an adjunct is the same as that given for inflammation of the womb. If pruritus is caused by a discharge aggravated by the presence of a tumor, then the advice given in such cases is to be followed.

A cold sitz bath (see Cold Sitz Bath) will prove grateful and beneficial to the patron before retiring at night.

On account of the extreme nervousness always present, the cerate should be used daily over the region of the spine. (See Cerate on Spine.)

If pruritus is caused by worms, a cold salt-water rectal douche should be taken twice daily, while the Viavi liquid internally is again advised. For children the dose is reduced to from three to five drops, three times daily, about twenty minutes before each meal. A cold sitz bath will also prove beneficial for children so afflicted.

The external parts should be kept covered with the cerate. A piece of clean white linen cloth, such as a piece of a soft linen handkerchief, may be covered over with the cerate and pushed into the vagina over the vaginal tube of a syringe. When the tube is withdrawn the linen will be left in the vagina, and will thus separate the walls and greatly alleviate the itching and burning. The linen should be long enough to separate the labia as well.

Three or four vaginal douches or more may be taken daily, in the reclining position. From five to ten drops of the Viavi liquid should be added to each pint of water used. The water may be hot or cold. Cold water with some proves grateful, while with others, hot water, as hot as can be comfortably borne, gives relief for the time being.

Good Symptoms Observed

Where an itching of the parts follows the treatment for a uterine disease, it should be looked upon as a favorable symptom, as we then know that poisonous secretions are being eliminated. So long as these impurities remain in the system the patron will continue ill; hence their elimination, although annoying for the time being, should be welcomed by the patron. The itching and burning are caused by the secretions excoriating the surfaces over which they pass. Where too great a reaction is brought about but half a capsule, or even a quarter, may be used for a time. The cure will in this way consume more time, but the patron will be much more comfortable during the period.

It requires considerable perseverance under these circumstances for the patron to continue the treatment, but she may rest assured that the best is being done for her that can be done. The source of the trouble is being reached, and when that is overcome to some extent, she will then begin to feel much better. To apply ointments to the parts, externally, will only alleviate at best for the time being, when the trouble will again appear with

renewed force. Unless the treatment is aimed directly at the cause, permanent results cannot be looked for.

Interesting Case of Pruritus

Among the many cases of pruritus that have yielded to the Viavi system of treatment the following may be cited: One of the most stubborn cases of pruritus that have come under the Viavi system of treatment was the wife of an eminent lawyer. The treatment had done much for her, so much that her husband would not consent to her using other means of allaying the itching even temporarily, for fear that her recovery might be interrupted. The itching and burning were so intense that nearly all of one night she would lie, first upon one side and then upon the other, keeping up a thorough massaging of the buttocks and external parts with the Viavi cerate. She dropped to sleep toward morning and slept until noon. When she awakened the itching had entirely ceased, but the parts she had massaged so long and thoroughly with the cerate were very painful to touch and almost black in color. This soreness continued so severe for about ten days that she could scarcely sit except upon a very soft cushion. This gradually disappeared, but the itching and burning, the pruritus, never again appeared from the night of the thorough massaging of the parts. The pruritus in this case had been present continuously for eighteen months, being more or less intense at times.

CHAPTER XLIII.

INFLAMMATION OF THE BLADDER.
(CYSTITIS.)

CYSTITIS (inflammation of the bladder) is of the same nature as inflammation of other mucous membrane lining cavities and organs in other parts of the body. Inflammation of the bladder is named according to the extent and degree of the inflammatory process, such as acute, sub-acute, chronic; catarrh of the bladder; interstitial; pericystitis, membranous cystitis, etc. If it will be remembered that these names simply indicate steps or stages in one general inflammatory process of the bladder, they will not confuse. The acute and subacute will, if permitted to continue, develop into the chronic form, or catarrh of the bladder (catarrhal cystitis).

Kinds and Causes of Cystitis

The bladder has four coats: the mucous membrane that lines the organ, the submucous that lies next to it, then the muscular coat, and lastly the serous coat, which also forms its outer covering.

When chronic cystitis has progressed until ulceration exists and the submucous and muscular coats are involved it is known as interstitial cystitis. If the inflammatory process extends to the serous coat, or the outside of the bladder, it is then known as pericystitis, which means that the part of the peritoneum forming the partial outer covering, or coat, around the bladder is involved in the inflammatory process. In membranous cystitis large fragments, or even casts of the interior of the bladder, are passed through the urethra. If cystitis is permitted to continue the inflammatory process will in time extend up the ureters to the kidneys, involving these organs.

The causes of inflammation of the bladder are many. One in women is overdistension of the organ from a false delicacy to empty the bladder at proper intervals when traveling, shopping or in public places; displacement of the womb; an abnormal condition of the urine; injury at childbirth; the use of the catheter; colds; calculæ (stone); extension of inflammation from other organs, as the womb, tubes, vagina, peritoneum; uretritis, urethritis, etc.

The Symptoms of Cystitis

In acute inflammation of the bladder the lining membrane is swollen and relaxed; its color is a bright or deep red, and the membrane is partially or wholly covered with a thick mucus. The symptoms are frequent and painful urination. The relief afforded by passing a few drops of urine continues but a few moments, until, in bad cases, the desire becomes almost constant. Straining becomes extremely severe and the sufferer quivers from head to foot from the great muscular effort, while the bowels may move involuntarily at the same time. The burning sensation also frequently becomes intense. The pain extends to the perineum, into the loins and down the thighs. If the condition has progressed into the chronic state, the skin is generally sallow and lifeless. There is sweating of the hands and feet, and the sweat at times smells of urine. The circulation is poor. The nervous system also becomes involved. The woman is "blue" and hopeless, and there often develops a suicidal tendency. The sufferer is able to procure but little rest at night, being driven from the bed so frequently to urinate. The urine is turbid, and contains a heavy deposit of mucus at first; then it becomes scanty and blood-tinged, and often pure blood will follow urination.

In chronic cystitis the painful symptoms are not nearly so severe as those accompanying the acute stage, but the urine is heavily loaded with a thick, tenacious mucus, which sometimes forms more than half its bulk. When such a condition is present it is generally known as catarrh of the bladder.

The Treatment for Cystitis

If the bladder is simply irritable from a displaced womb, the treatment given for anteversion is to be followed closely, while the Viavi liquid should be taken internally; but where the bladder is inflamed, instead of being only irritable, rest in bed also, for a time, is imperative.

The diet should consist largely of milk and broths, and the bowels should be kept open with the Viavi laxative. Stimulants of all kinds should be avoided.

The Viavi liquid is to be taken in the stomach three times a day, in a little hot water, in from ten to fifteen drop doses. The liquid acts beneficially and directly in helping to reduce inflammatory conditions in the whole urinary tract, including the kidneys, ureters, bladder and urethra.

The Viavi capsule is absorbed by the tissues of the vagina and bladder, as the anterior wall of the vagina forms partially the posterior wall of the bladder. The cerate is also applied over the abdomen daily. It is absorbed by the external absorbent vessels, and by the blood carried directly to the inflamed parts.

The cold compress (see Cold Compress) should be used daily until the

painful symptoms have somewhat subsided; it may then be used twice a week.

The cerate also should be used daily over the region of the loins, thighs and spine.

Hot sitz baths will also prove beneficial in cystitis, and when they are employed the cold compress may be omitted. (See Hot Sitz Bath.) This bath will help to relieve the tenesmus and sensation of fullness and pressure in the bladder.

In severe cases of cystitis it may become necessary to wash out the bladder, or to make use of the bladder douche.

A Douche for the Bladder

A very simple and successful syringe or appliance for washing out the bladder is made from a soft rubber catheter attached to a piece of rubber tubing, these being joined by a piece of glass tubing, the whole being about two feet in length. A small glass funnel introduced into the end of the rubber tube completes the syringe.

Great care should always be exercised in washing out the bladder. The catheter should be perfectly clean and sufficiently soft and flexible to be incapable of injuring the urethra or the bladder. The bladder should always be emptied slowly, especially as the last of the contents escapes, otherwise it will close down abruptly and in this way be injured. The bladder should always be distended very slowly, or injury, with great pain in the organ, will follow. The quantity of water used should not be more than the ailing one can tolerate without pain. An ounce of warm water is sufficient for this purpose, and less will suffice if more gives pain. Five drops of the Viavi liquid to an ounce of water should be used for the douche.

This syringe can be used first to empty the bladder by introducing the catheter and lowering the funnel over a vessel; and while still in place the washing may be accomplished by pouring the solution of warm water and Viavi liquid into the funnel, raising it high enough to make the solution flow into the bladder. The funnel is then lowered and held over a vessel, which will permit the fluid to escape. This process should be repeated as often as necessary before withdrawing the catheter from the urethra.

It is very imperative indeed that no air be admitted into the bladder. This can be avoided by not completely emptying the bladder, allowing sufficient of the urine to remain to fill the catheter, and filling the funnel before elevating the fluid. If the bladder is emptied in the first place the catheter should be filled before introducing it in the urethra and the air excluded in this way.

Three important things in taking the bladder douche are necessary: First, the bladder should be emptied very slowly; second, the bladder should be distended very slowly; and third, air should be carefully excluded.

Before the catheter is used it should be cleaned by scalding, and then carefully lubricated with a little vaseline, not oil.

Once a day is sufficient for the bladder douche to be used.

Cases ranging all the way from slight acute attacks to complicated chronic conditions have alike come under the Viavi system of treatment and been successfully reached.

If the condition has not become malignant, such patrons have every reason to hope for a permanent recovery.

An Instance of the Cure

A patron six years ago came under the Viavi system of treatment for inflammation of the bladder, caused by a chronically anteverted womb. The inflammation had extended to the serous coat; hence it was a case of pericystitis, as that part of the peritoneum covering the bladder had become involved. The patient urinated blood, and her sufferings were intense. Extensive adhesions had formed. She had not stooped over for four years, neither could she straighten her legs in bed. An operation was advised, but the sufferer, preferring diseased organs to none, did not submit to the operation. A special support was devised to prop the womb up from the inflamed bladder, but it could not be worn. This patron was cured in 1893 by adopting the Viavi system of treatment. A letter from her, written five years afterward, gives the information that there has been no return whatever of her old trouble. This is but one of a vast number of cures under the Viavi system of treatment that have been effected.

The most excellent results have followed the use of the Viavi system of treatment for inflammation of the bladder, and the most convincing argument as to the virtues of the treatment is the enormously extensive use that it enjoys and that is constantly widening.

CHAPTER XLIV.

INFLAMMATION OF THE URETHRA.

(URETHRITIS.)

THE urethra, in a woman, as previously explained, is the small, short canal through which the urine is conveyed from the bladder out of the body. It is composed of three coats, the middle one containing a large supply of blood. The female urethra, from the soft, yielding character of the tissues surrounding it, is capable of great dilation or distension, which permits the passage of large calculæ or stones from the bladder through this ordinarily small duct.

The urethra is frequently the seat of inflammation. The inflammatory process may extend from without inwardly or from within outwardly. The acute form, if not overcome, develops into the chronic. The lining membrane may gradually peel off, leaving the surface red and raw, and a flow of blood is likely to follow urination, as the second coat, as above described, contains a large number of blood vessels. When inflammation of the urethra is accompanied with a discharge of mucus, it is known as catarrh of the urethra.

The Causes of Urethritis

The causes of inflammation of the urethra are much the same as those of inflammation of the bladder. Instrumental or tedious delivery is responsible for a large amount of urethral trouble, this little duct being bruised and dragged downward to such an extent at this time that a healthy reaction is tedious and the person suffers exceedingly afterwards. Frequently the injury to the urethra is so extensive at this time that a woman becomes an invalid for life, keeping herself constantly under treatment for kidney and bladder troubles. The injury is caused by the advancing head remaining wedged against the pubic bones for so long that the urethra is fairly stripped and paralyzed. Anything that implicates the lower part of the vagina is very likely to involve the urethra to a greater or less extent, as it is imbedded in the anterior vaginal wall.

The Symptoms of Urethritis

The chief symptom of inflammation of the urethra is painful urination, with a sharp, scalding sensation as the urine passes over the sensitive surfaces. There is often a frequent desire to urinate, but not so frequent as in inflammation of the bladder. When there is a retention of urine it is caused by a dread of pain in voiding it.

Tumors or growths that are found in the urethra are known as urethral tumors or caruncles. They are of a bright or dark red color, and hang from the urethral orifice like little tongues or beech nuts, one corner alone being attached. Frequently they bleed easily. They may be extremely painful, or again may cause no pain whatever for long periods of time, when an inflammatory condition or slight injury will cause them quickly to become exquisitely painful. When the urethra is diseased coition often becomes painful and sometimes impossible.

The Treatment for Urethritis

Any treatment that acts beneficially upon the vagina will act likewise upon the urethra; hence the same treatment is advised for urethritis as for vaginitis, or inflammation of the vagina. The capsule used per vagina is dissolved and becomes absorbed by the surrounding tissues. Thus the urethral tract is successfully reached.

If caruncles are present, three Viavi capsules should be dissolved in a teaspoonful of olive oil or vaseline, and the external parts anointed several times a day, especially after urination. A frequent bathing of the external parts with cold water will also prove grateful and beneficial, after which the parts should always be anointed with the dissolved capsule.

The Treatment for Caruncles

Inflammation of the urethra yields readily to the Viavi system of treatment, but caruncles are very slow in disappearing, sometimes incurable. They are, as a rule, a long time in forming, and so require a continued treatment to be overcome. Outside of the Viavi system of treatment the treatment for caruncles is surgical, but as nothing is done to relieve the cause producing them, they frequently appear again and in an exaggerated form. When caruncles are present the capillary circulation is always greatly impeded, and the capillaries are found to be greatly overdistended throughout the whole tract. By the use of the Viavi system of treatment the capillary circulation is established, and although the cure may require considerable time, it is permanent when completed.

A most barbarous and inhuman treatment that is often employed is the cauterization of the parts. This often so injures the delicate membranes that they refuse to heal, leaving a raw, exquisitely painful sore, which gradually enlarges.

CHAPTER XLV.

PREGNANCY.

WE now approach a subject of the greatest magnitude in the life-history of a woman. In setting in motion the chain of events that lead to the introduction of another human life to encounter the struggle for existence, a woman assumes the crowning responsibility of her life. It is then that she accepts a partnership with God. To the extent that she understands her obligations and wisely and patiently meets them, will she add to her own happiness and secure that of the life that she is to bring forth. In conception, pregnancy and childbirth we come face to face with the awful mystery of creation, and are instruments for the working out of its immutable laws. It is needful that we approach the subject with all reverence, and understand as much of it as is possible to limited human intelligence. Upon a woman's conduct during pregnancy depends largely the momentous question as to whether her child will be a useful and happy member of the great human family, or one of the vast army of wretched incompetents who stand as a reproach and a menace to society. It is the mother's wisdom or the lack of it that will cause her child to enter life properly equipped to overcome its obstacles and win its victories, or fall miserably in the struggle. Upon her will largely depend the question as to whether the child shall be to her a blessing or a curse, a stay and comfort throughout her life, or a burden and reproach. The woman who masters the truths set forth in this volume, and who earnestly and conscientiously strives to make them a part of her life, will receive a reward of immeasurable value.

The Processes of Pregnancy

The processes involved in pregnancy have been outlined elsewhere. It is necessary here to state them more fully. They are ovulation, impregnation, gestation and parturation. Ovulation is the extrusion of the ovum (egg) from the ovary. Impregnation is the contact and mingling of the male germ with the egg. Gestation is the development of the egg in the womb through all the stages of embryonic and fetal life. Parturition is the birth of the child. Conception takes place at the moment when the male and female principles unite; that is the

moment of the origin of the new life. Pregnancy begins with impregnation and ends with parturition. A gravid womb is a pregnant one. These definitions are given for convenience.

So much mystery and uncertainty surround many of these processes, particularly with reference to ovulation and the time and place of conception that the assertions made herein with reference to them have only the value of the latest and most expert opinion. Even here differences of opinion occur. The subject is not of vital importance, as it bears no relation to the efficiency and detail of the Viavi system of treatment, nor to the conduct of a woman during pregnancy. Hence they have no great value, and are introduced in this chapter for their profound interest and the instruction that will come from considering them. As they will be put in a very simple and direct form, easily understood by all, they will have a special interest, in view of the fact that this knowledge is not accessible to the public, being buried in heavy technical works that only an expert could comprehend.

The Relation of Menstruation

The relation of menstruation to the childbearing function need not be discussed minutely here. Indeed, the subject is involved in so much obscurity that hardly more than speculation could be indulged in. The subject of menstruation is fully discussed in another part of this volume. Menstruation generally ceases when conception occurs, though there are exceptions. The point is important only for the reason that a cessation of the menstrual function may occur from causes other than conception, and hence that such cessation cannot safely be taken as an indication in all cases that conception has occurred.

During pregnancy the ovaries are relieved of the monthly disturbance that they experience in menstruation, and all the activties of the generative system are centered in the womb, whose important duty it is to nurture the new life and prepare it for entrance into the world. The natural expectation would be for the menstrual function to be suspended during pregnancy, for the reason that the womb has far more important work to do; all of its energies are needed for another purpose, the healthy development of the fetus.

It may be assumed, also, that the menstrual fluid is needed for the growth of the fetus. This assumption seems to be borne out by the fact that menstruation remains suspended after parturition, the nutrient elements of the menstrual flow presumably contributing to the production of milk. All these matters have merely a speculative interest, and have no bearing on the vital things with which we are concerned.

The Process of Ovulation

It was universally believed until within a few years that menstruation depended upon ovulation; that if ovulation did not take place, the menses would not appear. Since the removal of ovaries has become a common practice, occasionally a woman

is found who menstruates normally in every way, after the extirpation of both ovaries. This fact led to further investigation, which caused many to dispute the theory of menstruation depending upon ovulation. Even in cases where both ovaries, tubes, and a part of the uterus had been removed women were known to menstruate regularly. Such cases are the exception, but are frequent enough to establish a belief in the independence of menstruation and ovulation. The latest theory advanced is that menstruation is controlled by the tubo-uterine plexus of sympathetic nerves. If this plexus or its trunk escape injury in operating for the removal of ovaries and tubes, menstruation will not be suspended, nor interrupted. We notice that some surgeons understand this fact, and aim to suspend menstruation by cutting a large nerve trunk that runs in an angle between the round ligament and the tube. That menstruation depends largely upon the nervous system, but not entirely so, is as far as observation and study have taken any one at the present time.

Another much discussed subject is the location of conception. The question as to where conception occurs still remains unsatisfactorily answered. Impregnation of the egg while it is still in the ovary seems to be the most probable. We know that there are three essential factors for fecundation—ovulation, the passage of the impregnated egg through the Fallopian tube to the womb, and the preparation of the lining membrane of the womb for its reception. This insures its nutrition, and later the formation of the placenta.

Reckoning Time of Delivery

The duration of normal pregnancy is nine calendar months, ten lunar months, or about two hundred and seventy-five days. To obtain the exact date of parturition is very difficult and uncertain. The best rule is as follows: First determine the exact day when the last menstruation appeared; then count backward three months and add seven days. Although this rule is uncertain it is the best by which the date of delivery can be reckoned. For instance, a woman's last menstruation appeared on the 20th of August. Counting backward three months would take her to the 20th of May, and adding seven days would make her date of delivery the 27th of May, or very close to it. The shorter the period of gestation, as a rule, the less the vitality of the child.

Normal and Other Pregnancies

When conception occurs and the ovum lodges and develops in the cavity of the womb, we have what is known as a normal, or uterine, pregnancy. Uterine pregnancy is single when the uterus contains a single fetus; double when it contains two; triple, three; quadruple, four, etc. Complicated pregnancy is when, in addition to the fetus, there is present a tumor, dropsy or other abnormal condition.

There are four varieties of extra-uterine pregnancy; ovarian pregnancy, where the ovum develops within the ovary; peritoneal pregnancy, where the impregnated ovum fails to pass into the tube, and thus lodges in the folds of the peritoneum and there develops; tubal pregnancy, where the ovum lodges in the Fallopian tube and is there developed; interstitial pregnancy, where the ovum penetrates and develops in the wall of the womb instead of within its cavity. Extra-uterine pregnancy terminates disastrously unless relieved by Cæsarian section (delivery by abdominal incision). False pregnancy means an enlargement of the abdomen from the presence of hydatids or other tumors, when no living fetus is present.

Preparation for the Egg

From the time of the impregnation, the womb begins to prepare its lining for the reception of the precious guest that it must guard and nurture for nine months. We may imagine a delicate and complicated nervous action by which the brain and spinal centers governing the generative organs have become aware of the inception of a new life, and then sending to the uterus the unusual forces that direct its special activities. These are greatly out of the ordinary. The egg is so delicate and minute that extraordinary provision must be made for its care. By the time that the egg, in its slow passage through the Fallopian tube, enters the womb, it finds the lining of that organ specially prepared to receive it. The lining has become greatly thickened, and is arranged in soft, velvety folds to serve as a bed for the honored guest. This transformed lining mucous membrane of the uterus constitutes what is termed the decidua vera. The membrane that later envelopes the ovum is called the decidua reflexa. The ovum throws out villi, or hair-like projections, which take root in the uterine lining, forming a firm attachment to that organ.

The Marvels of Gestation

The marvelous ingenuity and solicitude of Nature to cherish the new life rouses wonder and reverence in the intelligent mind. In contemplation of the perfect working of these mysterious forces we recognize our own immeasurable inferiority and the splendid wisdom of Nature. We realize how impossible it would be for us to accomplish a single one of the miracles attending conception, pregnancy and childbirth. We cannot see the Divine hand that guides this procession of activities, but we can see that some force utterly beyond the greatest power of our comprehension and discovery is marshalling them. It is then that we realize the infinite shortcoming of human power in setting in motion the giant forces of creation, and can understand only that natural laws command our reverence and obedience, and that our interference with them is a foolish challenge to Omnipotent power, which mercilessly punishes the least infraction of its laws. It is then that our highest wisdom and conscience are called into exercise to understand what Nature desires and to

assist her purpose with all the intelligence that she has given us for that use. To violate the purpose of Nature by producing an abortion is to commit an outrage of the gravest character, with no possible escape from punishment. To live irrationally, so that the embryonic life comes crippled into the world, is to insure punishment that more lives than one must suffer. To live wisely, to foster the designs of Nature with conscience and intelligence, is to bring a train of blessings that will endure throughout time and eternity.

How to Acquire Reverence

It is unnecessary to go into the intricate story of the development of the ovum in all its amazing and puzzling details. It is essential to call attention only to some of the more wonderful steps of the process. We are so accustomed to the birth of children and the production generally of all species after their kind, in both the animal and vegetable worlds, that we take it all too much as a matter of course, instead of a constant succession of miracles bringing us face to face with the deeper wonders of Nature. The egg of a domestic fowl is so commonplace that we never stop to study its marvels and mysteries. We see plants produce seeds, and these seeds in turn produce plants after their kind, and never stop to ponder the majesty of the subject as a basis for a reverential attitude toward Nature and Nature's God. It is impossible to approach the feet of the Almighty with true wisdom and reverence without a deep pondering of these wonderful processes of Natu

After impregnation the ovum rapidly undergoes remarkable changes. Within the minute egg the small germinal female spot unites with the male germ that has penetrated the egg, and from this union the inscrutable forces of Nature in bringing forth a new life are put into operation. A woman's whole organism responds to the new impulse. Astonishing readjustments of her powers are made, for her life has now become dual; the responsibility of nurturing two lives instead of one is now thrown upon her.

Changes in the Mother

As pregnancy requires the mother to nourish two lives, important changes occur in different systems and organs of the body. These activities, as all others, being controlled by the nervous system, we find functional modifications in that direction. The new life within her womb must live as she does, except to the extent of taking air into the lungs. Its processes of growth involve nourishment, circulation, repair, waste and a kind of respiration. These cannot be performed without the assistance of the mother, and they will be performed well or ill according to the mother's condition. The manner in which they are performed determines the future of the child.

Both the quantity and the character of the mother's blood are altered in pregnancy, the quantity being increased and the character changed to meet the new conditions. As the heart has much more work to do than ordinarily,

it increases in size about one-fifth. If the mother nurses the child after birth, the heart still remains large, for the work of preparing and storing milk requires more blood than usual, and a stronger heart to keep it properly moving. The spleen and liver increase in size. The mechanical pressure of the enlarged uterus produces certain changes in the position of the lungs and gives rise at times to palpitation of the heart. The power of the lungs to eliminate impurities is increased. The mother must furnish nutriment for the child as well as herself; hence she must eat and digest more food, which the digestive system must prepare and pour into the blood. In the earlier months the appetite is likely to be capricious, but as the system becomes better used to the great change, it steadies itself, and the appetite and digestion increase. The body gains in weight besides that represented by the contents of the womb, this increase being ten to fifteen pounds in the whole nine months, and greatest in the last two months. The gait changes, by reason of the center of gravity being altered. The skin undergoes a change, probably due to an increase in its eliminative powers. The urine becomes more abundant, possibly for a similar reason, and hence it is supposed that the kidneys enlarge.

The Nervous System Affected

The nerves become highly keyed, so that a pregnant woman is highly impressionable. For this reason she requires the greatest care and comfort possible, mental and physical. A woman may become fretful, peevish, irritable and unreasonable. This shows the demand of her whole nature for the best tenderness, consideration and sympathy that can be given her. If she is not constitutionally perfect in every way, her digestion may suffer, giving rise to imperfect nutrition. This will likely produce depression of spirits, acute melancholia, or mania. There is nothing sadder than a mentally deranged woman in the act of childbearing.

It was never intended by Nature that undue distress of any kind should be suffered during pregnancy. If it occur, there is evidence of an unsound heredity or irrational living. The Viavi system of treatment, by assisting Nature to place all the functions in a natural condition, measurably does away with troublesome and dangerous conditions, and brings unspeakable peace to innumerable women.

How the Treatment Operates

An understanding of the preceding chapters will show how and why the Viavi system of treatment is so great a blessing to women during the trying experience of pregnancy and parturition. As Nature designed that all her processes should be painless, it follows that where there is pain or distress there is a departure from natural conditions. This is as true with pregnancy as with all the other natural processes of the body. The Viavi system of treatment necessarily assists Nature to produce in pregnancy the natural conditions that under other

circumstances eradicate disease. The treatment contemplates and achieves the following ends in pregnancy: It enables the mother to undergo without undue distress the wonderful changes that occur in her organism. It places her digestive system in good order, so that her blood may be properly furnished with nutriment. It renders the circulation full and regular, to the end that nutrition both of mother and child shall be complete. It tones and feeds the nerves, so that the nervous system, which controls all the functions, is enabled to discharge all its multifarious duties properly. It assists the proper nourishment of the fetus, to the end that it shall be born with the strength that it must have to battle successfully with life. It produces in the mother a nervous stability that promotes her peace and strength of mind, and prevents erratic mental conditions from injuriously affecting her own organism and that of the child. It establishes a healthy balance between mother and fetus, and thus prevents the growth of the fetus at the expense of the mother's strength. It promotes the healthy enlargement of the womb, so that pains are avoided. It gives to the womb the strength that will be required to expel the child naturally at term, thus avoiding prolonged and exhausting labor, and the use of instruments, which is always dangerous both to mother and child. It makes the tissues of the womb and cervix elastic, and thus prevents laceration. It enables the membrane uniting the placenta to the womb to disintegrate normally, so that the placenta is naturally expelled after the birth of the child, instead of being torn away with instruments. It enables the womb to contract normally after delivery, so that the blood vessels ruptured by the separation of the placenta from the uterine walls are promptly closed, a dangerous or fatal hemorrhage being thus avoided. It enables the womb, after delivery, to return naturally to its proper size, by the absorption of the great extra amount of tissue that it has taken on during pregnancy, thus preventing subinvolution, or the failure of the womb to return to its natural size, and flexion or other form of displacement, due to its enlarged and softened condition and the weakness of its sustaining ligaments. And last, it enables the mother to furnish milk; and the mother's milk is the only natural food designed for her infant.

All these processes are natural processes. They are just what Nature would do were the system of the mother in perfect order. The Viavi system of treatment merely lends to Nature the assistance that she requires to make all the processes natural.

Good Effects on the Child

The use of the Viavi system of treatment does much for the pregnant woman, but it also does much, even more, for the unborn child, by giving it the greatest of all privileges, that of being well born. "Viavi babies" are well-developed, healthy and strong. Especially is this noticeable in the firm muscles and strong spinal

column of the child whose mother had a thought for its welfare as well as her own before its birth. Here is the fact forcibly demonstrated that Viavi is a food, the Viavi baby showing that it is born well-nourished, with a spinal column so strong that in a few weeks it is making efforts to sit up. One mother reported that her Viavi baby boy at five days lifted his head clear off the pillow. Its flesh is firm, its eyes bright, its appetite and digestion good, its lungs strong, and it sleeps well at night. The "Viavi baby" put in its appearance somewhat late in the past century, but as it has come into the world unhampered by a diseased body or a brain clouded before birth by the broodings of an unhealthy mother, we shall hear from it often in the present century.

When Confinement Arrives

The period of use of the Viavi system of treatment takes a woman up to the time of delivery. When that time comes the services of a skillful obstetrician are necessary. If the labor is perfectly normal, as it will be under ordinary circumstances after a thorough course of the Viavi system of treatment, the services of the obstetrician will be merely those of an intelligent attendant, whom every woman must have at such a time. It is necessary to have one who is skillful, for the reason that it is beyond human power to know exactly what the mother's condition is, or what kind of presentation will occur even when the mother is in a perfectly sound condition. A difficult presentation of the child requires high obstetrical skill, in order to avoid injury both of mother and child. The pregnant woman should be examined carefully at frequent intervals, by the one who is going to attend her at confinement. Many mistakes and much suffering may thus be avoided.

The Uses of the Placenta

We shall now trace in outline the wonderful processes by which the nourishment and development of the new life is accomplished in the womb. We shall see how ingenious, how absolutely perfect, how clearly indicative of supreme powers beyond our comprehension, is the whole marvelous plan.

Nature provides for the nourishment of the fetus by the development of the placenta, or afterbirth. This has distinctly a maternal and a fetal side. The maternal, or mother, side of the placenta is closely attached to the uterine walls. To the fetal side is attached a cord which contains two arteries and one vein. This is the umbilical cord. The arteries carry the impoverished arterial blood from the child toward the placenta, which serves the double purpose of a respiratory and nutritive organ. The vein carries it back to the child, purified and laden with nutriment sufficient for its growth and development. When the placenta has attained its full size it is about six inches in diameter, three-fourths of an inch thick in the center, and tapers to a thin edge.

The fetal blood constantly communicates with the maternal blood in the

placenta by a process known as endosmosis (the commingling of two fluids by passing through a separating membrane), but never directly commingles with it. The cord arises in the placenta and terminates in the child at the navel, or umbilicus, where its blood vessels communicate directly with the blood vessels within the child's body. The average length of the cord is from twenty-one to twenty-three inches, but it has been found to vary from a few inches to five feet.

As the child depends entirely upon the mother's blood for nourishment, it becomes evident that to bring forth a healthy, well-developed child the mother's blood must not only contain a sufficient amount of nutriment, and be properly purified, but that it must also circulate normally. We are now beginning to obtain a glimpse of the wonderful value of the Viavi system of treatment during pregnancy, as it assists Nature not only to insure the proper nourishment of the blood, but its perfect circulation and aeration.

The Position of the Womb

During pregnancy the womb undergoes important changes in character, size and position. During the first three months the gravid womb remains in the pelvic cavity, a little lower than usual, especially if the pelvis is large. By so doing the navel may be drawn inward, by traction on the urachus. Approaching the fourth month, the enlarging uretus is inconvenienced in the small pelvic cavity, and it gradually forces itself upward into the false pelvis above, which is more commodious, and at four and a half months it lies entirely within the false pelvis above. Then "quickening" is experienced, or life is felt, which as a rule indicates that half the period of gestation has expired. Life is present from the moment of conception, but it is not perceptible during the first months of gestation, by reason of the situation of the womb within the bony pelvic basin.

The growth of the child is rapid during the second half of the period of gestation, and the abdominal walls yield progressively to accommodate the child in the womb. If, however, the abdominal walls lack their natural elasticity, they suffer numerous ruptures of the tissues, leaving the abdomen scarred, unsightly and pendulous. The use of the Viavi cerate during the pregnancy gives to the abdominal walls strength and elasticity, so that this disfigurement and displacement of the walls are prevented, and the abdomen regains its normal condition shortly after delivery. (See chapter on Abdominal Walls.)

If the Placenta Adhere

If the womb is unhealthy, the placenta is very likely to adhere. A short time before delivery fatty degeneration of the membrane that lies between the uterine walls and the placenta takes place. This disintegration, or softening, causes the placenta to be easily shed from the womb at labor, just as Nature makes provision for

the ripe fruit or nut to drop from the tree. If this fatty degeneration does not occur, the placenta adheres and the hand must be introduced to tear it loose. This is both painful and dangerous. If the operating hand is unclean, or particles of the placenta be left adhering to the uterine walls, blood poisoning may result, and there is always danger of hemorrhage by a delay of the contractions that close the open blood vessels.

Even if these dangers do not present themselves, the uterine lining, particularly that part from which the placenta has been torn, does not form naturally, but grows in the form of a scar tissue. Women with a womb in that condition will be heard complaining of "that sore spot in the side" as a result. The failure of the placenta to shed iteslf properly lays the foundation for a great amount of pain and uterine trouble. A placental adhesion, having once occurred, will more than likely occur again at each succeeding pregnancy. The use of the Viavi system of treatment has a special value in assisting Nature to prevent these adhesions and to promote the natural disintegration of the tissue connecting the placenta with the uterus. Further information on this subject is given in other chapters, particularly those on Inflammation of the Womb, Laceration and Menstruation.

Origin of Pains in Labor

Pains in labor are so universal in civilized races that they have come to be regarded as natural. Thus they disclose the singular anomaly of a natural process accompanied with pain. This presents a situation so at variance with the established order of things in other directions that it deserves special attention here.

Labor proceeds as follows: The muscular fibers of the body of the womb contract for the purpose of expelling the child, and at the same time the muscular fibers of the mouth of the womb relax, thus removing the resistance to the escape of the child. The pressure of the uterine walls is great, but, of course, not so great as to injure the child. Let us take our left hand in our right, pressing the left to a degree that we judge would be just short of that which would injure a child at birth. We find that our left hand suffers no appreciable pain under the pressure. That is partly because the hand is used to all sorts of exercise; but if the left hand is diseased or swollen, we experience very acute pain from very little pressure. The womb is placed under a severe strain in parturition, but evidently it was intended to bear the strain without pain, just as a healthy man may shoulder a heavy weight without pain. The buttocks bear constant pressure from sitting, and they never suffer pain, but if a boil appear upon them, sitting becomes excruciatingly painful. Thus we find, in what direction soever we look, that all the parts of us designed to bear pressure or strain can do so without causing pain if they are healthy, but cannot do so if they are diseased. The inference from this

is that labor pains are evidence of disease, even though it may be impossible to find any trace of disease otherwise.

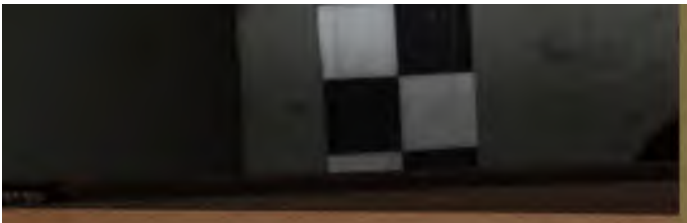
How Savage Women Deliver

In their native state the North American Indians were a nomadic people, spending much of their time in moving about the country. Let us see what a wonderfully kind and intelligent guardian Nature is with her creatures that have not gone astray from her. These Indians were heartiest and strongest in the autumn, because then nuts were ripe, and game abundant and fat. Hence the sexes naturally sought each other. This arrangement brought the time of delivery in the early summer, when the child had the most favorable conditions for existence. That in itself is all wonderful enough, and sufficient to make us venerate and respect Nature, but that is not all. In the spring and early summer was the time when the Indians were likely to be on the march. Hence the women had to be confined seemingly at the most inopportune time. Nature wisely provided against that, however, by making delivery easy. A pregnant woman would keep her place in the marching column until the very hour of delivery, and then with a female companion would step aside into the brush, deliver her child, do all that was necessary to be done, and rejoin the column, which had not halted a moment to accommodate her. No one had the slightest anxiety concerning her. Even her husband gave no heed to the affair, but marched on with the others. Before long the mother, with her attendant and babe, would overtake the column.

Instructive Case of a Negress

We were personally cognizant of the following circumstance: A fine negro girl, nineteen years old, was brought to confinement with her first child. She had been accustomed to work daily in the fields with her parents and husband. When her day came she was left at home, entirely alone, her mother having given her all needful instructions. As the girl was industrious, she utilized the time by doing the week's washing. When her hour came she alone attended to the delivery, and soon was again singing blithely at the washtub, her babe asleep near by. If she suffered any pain she made no mention of the fact. The closer women are to Nature, the less they suffer.

Yet some pain is to be expected. Often domestic animals are seen to suffer pain in delivery, but it must be borne in mind that they are civilized animals. Civilized women must expect to suffer some pain, but if it is excessive or exhausting, much more if anything abnormal or dangerous appears in childbirth, we may know that it is because an unnatural condition exists. Hence, to the extent to which we restore natural conditions pain will be lessened and dangers removed. That is what the Viavi system of treatment accomplishes.



Contraction in Childbirth

If the womb is in a healthy condition its contractions occur in regularly recurring periods, the system of the patient employing the intervals to gather strength for the next effort. If the womb lacks strength and tone, the contractions will be too feeble to expel the child, and mechanical delivery may be necessary. Or the tissues may be too rigid to obey the contractile force readily. In either event delivery is delayed and the suffering prolonged. Sometimes there is a premature breaking of the bag of waters, thus causing a dry and painful birth. If the fibers of the cervix are rigid, they may not relax sufficiently to permit of the passage of the child without injury. That is how laceration occurs.

Nature's Care for the Young

It seems to be a tendency of Nature to care more for the new life than the old. Possibly this is because without the production of new life a species must perish. In the lower forms of life, as the mushroom, a plant will produce millions of spores, each of which, under favorable circumstances, is capable of giving rise to a new mushroom; but the chances against the sprouting and growth of a single mushroom spore under ordinary conditions are very great; that is why so many are produced. As we ascend in the scale, we find that as a rule plants and animals produce a greater or less number of offspring in proportion to the greater or less difficulty in rearing them. At the end of the scale we find human beings, who as a rule bring forth only one offspring at a time, and even then at long intervals apart. Among different human races we observe that the more primitive are usually the more prolific. Even in the same race we see that those of the highest intellectual development produce the smallest number of children. Further, we find that the simpler the life led by a woman of any given race, the more children she will likely bear, and the sounder they and she will be. All this means that the more natural our lives the happier we shall be. The highest use to which intelligence can be put is to learn the meaning of natural laws, and the highest exercise of conscience is to obey them.

The Cost to the Mother

It often happens that Nature, in her efforts to guard the welfare of the new life, will sacrifice the health of the mother in order to secure that of the child. Thus it is that a strong child may have a mother whose health was wrecked at its birth. Many a woman's lifelong invalidism has begun with her confinement. Again, we often see apparently healthy girls who, after marriage, give birth to two or three sickly children, and then become semi-invalids for the remainder of their lives, few of them surviving the change of life. Of course some explanation must exist for such a state of affairs, even though we may not be able to find it. Nature has wonderful and mysterious ways for accomplishing her

purposes; but we may be sure that these purposes are intelligent. In the cases of such women it may be that Nature has discovered a hereditary taint or weakness that, although it is seemingly having no injurious effect upon their lives, will surely crop out in their offspring, or even further along. If in her wisdom Nature decides that such a woman should not be permitted to contribute to the grand purposes of the world, she cripples her with disease. The best that a woman can do is to understand all that is possible, to regard herself as a mighty factor in the marvelous processes and purposes of the Almighty, and to fit herself as perfectly as possible for them. Unless she does so she cannot get out of life the happiness that it was intended she should have, and cannot transmit the capacity for happiness to others, nor advance it among her associates.

Important Tissues Affected

We have seen how the Viavi system of treatment enables the tissues of the womb to grow and expand with the growth of the fetus, and how the treatment gives the womb strength to expel the fetus naturally at term. There are other very important tissues involved, and upon their condition serious things depend. We have shown that while the womb is contracting to expel the fetus, the cervix is relaxing to permit the escape of the fetus. It is evident that if there is any rigidity of the cervix, relaxation will not be thorough, and that hence the cervix must tear as the womb forces the fetus through it. This is laceration, one of the commonest and most distressing conditions following confinement, and one of the most prolific sources of cancer. The use of the Viavi system of treatment renders the cervical tissues elastic, so that laceration is avoided. Outside the Viavi system of treatment there is not nor ever has been any thought of preventing a laceration by rational treatment; all thought and science have been concentrated upon the operation to heal, not upon means to prevent laceration. The only treatment for this condition outside the Viavi system of treatment is stitching, a painful operation that will be discussed more fully in the chapter on Laceration.

The other tissues involved are those of the abdominal walls. These walls are greatly stretched during pregnancy. If they are rigid it is impossible for them to stretch without injury. It is common to find women with a number of small white scars under the outer skin of the abdomen. These are the evidence of the injury to which the tissues had been subjected in pregnancy.

Another affliction that the abdomen is likely to suffer is a loss of tone during pregnancy. After confinement the mother finds her abdomen lying in thick folds. Besides being highly disfiguring, the flabby condition of the abdominal walls denies to the abdominal viscera (intestines, etc.) the support that healthy abdominal walls give them, and that is necessary for their perfect health and function.

In both these cases the Viavi system of treatment, if used during pregnancy assists Nature to give the tissues the elasticity that they require. Injury to the tissues, and lax abdominal walls, are thus avoided. There is no natural reason why a woman should not be as shapely after maternity as before. The Viavi system of treatment assures the preservation of her figure.

Benefits to the Ovaries

It has been stated elsewhere in this volume that women suffering with ovarian troubles are often, and most unwisely, advised to invite pregnancy as a cure for the ovarian disease. If, however, it happen that pregnancy has occurred in the presence of ovarian disease, it offers an excellent opportunity for employing the Viavi system of treatment to overcome it during the nine months of rest that the ovaries enjoy in pregnancy. The cure progresses without the interruption and aggravation of menstruation.

Should adhesions be present as the result of previous inflammation, they become absorbed rapidly during pregnancy if the Viavi system of treatment is employed. As they become softer and thinner under the treatment, they are absorbed more rapidly, because the greater the normal movement of the internal organs during pregnancy. It has occurred in many cases that women who had been invalids emerged from pregnancy, after using the Viavi system of treatment, with perfect health, the first that they had enjoyed in years.

Effects of Mental Conditions

The mental condition of a pregnant woman seriously affects the progress and end of her condition. Some women are naturally light-hearted when in that condition, taking the keenest interest in their domestic and social life. Others show an unaccountable departure from their normal mental state, becoming morose, moody, irritable and peevish beyond the control of their will. The happy condition is the natural one. It is designed by Nature that a woman should take joy in being permitted to perform so great and divine a task in the majestic scheme of life. If any departure from that mental standard appear, the situation calls for the finest tact and wisdom on the part of the husband. He must understand that his wife is ailing, and that the utmost tenderness and solicitude are required. Her way should be made as pleasant as possible. Agreeable diversions should be studied out for her. She should be kept as far as possible from brooding in solitude. She needs bright, cheerful companions and a variety of scenes. If she has burdensome domestic cares, she should be relieved of them. Nothing to fret her or cause her the least anxiety should be permitted to exist.

Special Senses Affected

Sometimes the senses of sight, taste, smell and hearing become perverted, dulled or otherwise affected in pregnancy. From this we judge that the nutrition of the

system by means of the blood is not normal. If such aberrations are caused by an unsound condition of the sexual organs, which prohibits their bearing well the strain that pregnancy has placed upon them, the use of a treatment that will enable them to do so is indicated. It is a familiar fact that the sensory and motor nerves are frequently found perverted. These may produce structural alterations in the fetus resulting from unsound maternal impressions. In this way idiots and monstrosities are produced. As the condition of the mind affects that of the mother's body in many unexplained ways, so does it also that of the fetus. During all the years that the Viavi system of treatment has been used during pregnancy in many hundreds of thousands of cases, not one idiot nor monster, not one child deformed or imperfect to the slightest extent, to our knowledge, has been born where the treatment has been used. The explanation of this is the effect that the treatment has on the nervous system and the mental state of the mother.

Sudden unpleasant news, fright and physical shocks are to be carefully avoided. Feelings of apprehension must be banished. The slightest fear of danger in confinement must be instantly and peremptorily suppressed. Kind and firm assurance should be given that Nature knows her business well.

If a Woman Is Unhealthy

If an unhealthy woman should become pregnant, the best thing that can be done is to use the Viavi system of treatment during the term. In this way many a woman who had long been an invalid has risen from her confinement in much better health than she ever had before. But by far the better plan is always to be ready for maternity. There is no telling when it may come to a married woman. Although such a woman, most unfortunately, may not desire children, and although her physical condition may be so bad as to prohibit conception or to induce miscarriage if conception occur, she may rest assured that she is in infinitely a worse condition than if she were able to bear children and thus become a mother. Unless a woman is fully competent for maternity she is not a perfect woman; she cannot be a perfect wife; she cannot enjoy life as she should. If she is perfect for maternity, the probabilities are that she will have a very strong desire to be a mother. When we see women with a repugnance for maternity, we know that there is something seriously and radically wrong, reaching to the highest attributes of their nature and impoverishing what is best and noblest in them; and we may safely assume that the cause of their mental attitude resides in some imperfection of their generative nature. Intelligent use of the Viavi system of treatment is the one and only way to put a woman in perfect condition for maternity. Maternity under any domestic, financial or other extraneous condition that may seem to render it ill-advised is a thousand times better than physical inability for it.

Meaning of the Discovery

Before the discovery of the Viavi system of treatment there was nothing in existence that could fit women for maternity, and render them competent to bear it where such competence did not exist. Up to that time professional abortion to relieve sickly women of the dangers of pregnancy—thus choosing the less of two evils, but a serious evil notwithstanding—had been the only resource of science. No way whatever was known for giving the muscles of the abdomen and pelvis the strength and elasticity needed to support the gravid womb. The possibility of finding a way to secure the muscular integrity of the womb, by which its proper contraction in delivery would be natural and sufficient, had never been dreamed of. Nothing to prevent placental adhesion and the hemorrhages that often follow delivery had ever been found. Nothing had ever been discovered to prevent nausea, leucorrhea, pruritus, inflammation of the bladder, varicose veins, lameness, dropsy or miscarriage. It had never been deemed within the reach of science to assure for the child a bountiful supply of mother's milk. All these things are accomplished by the Viavi system of treatment, every day in every part of the world. This alone makes it a discovery of immeasurable value, a blessing of inconceivable magnitude. It has demonstrated to the world that childbearing is not a disease, but a natural and acceptable function, capable of being performed without undue distress, without risk to life, without apprehension or repugnance, and without the medical or surgical interference which increases its dangers, adds to its terrors, and places the life of child or mother, or both in jeopardy.

Illustrations of Its Power

It would be a pleasure to give a large number of the many thousands of pregnancies in which the value of the Viavi system of treatment has been demonstrated, but only a few will suffice. One was that of a woman who had been injured at childbirth to such an extent that the best physicians in the city where she lived declared her condition incurable, and asserted that if she again became pregnant she could not live through it. She did become pregnant again, used the Viavi system of treatment during the entire term, passed through her delivery with comparative ease, and made a rapid and perfect recovery.

Another exceptionally easy birth was that in the case of a lady in Utah, U. S. A., who had been compelled to remain in bed during the first three months of her four previous pregnancies. She became pregnant the fifth time, with twins, employed the Viavi system of treatment, and was delivered of two healthy boys easily and naturally before the arrival of nurse and physicians. During her previous confinements she had been in labor from five to twelve hours. Both the twins were delivered inside an hour.

Another case is that of a lady who had been in labor for thirty hours at

her first confinement. The child's head was crushed with instruments before delivery was effected; this left the patient in an extremely debilitated and critical condition. During her next pregnancy she used the Viavi system of treatment. At this time she was living on a small farm, one hundred miles from a settlement. To this place her husband started with her in a comfortable conveyance, that she might have proper care. When within twenty-nine miles of their destination she was taken with labor. They halted shortly afterward, and in fifteen minutes she gave birth to a fine boy under a tree, without assistance. Six hours afterward they resumed their journey and complete recovery followed.

Another case is that of a lady who had suffered with intense pain in the back for three months before the birth of her first child, and for eighteen days afterward. Added to this was soreness of the breast and nipples, for which she could find no relief. When her next pregnancy occurred she placed herself under the Viavi system of treatment. There was no recurrence of any of the former symptoms, although when the case was reported the child was three months old. The labor was not so severe as formerly, nor so prolonged, and at delivery there was only a nurse in attendance. This patron was exceedingly grateful to be able to lie in peace after delivery, free from the pains that had formerly racked her.

Conditions After Confinement

As has been already stated, the period of use of the Viavi system of treatment takes a woman to the time of her labor, when she must secure skillful attendance. Delivery is only a step in the splendid scheme of maternity. Not only must the physical condition of the mother be brought back to its normal standard after confinement, but she must be competent for the duties of motherhood. One of the most important of these is the furnishing of abundant and healthy milk for her child. This the Viavi system of treatment assists Nature to furnish. (See chapter on Lactation.) In other ways competent motherhood is assured by the treatment. As the mother is made healthy and strong, she is enabled to give her child the sympathy, affection and guidance that it requires for development into a happy and useful man or woman.

To accomplish all of these things is a wonderful triumph, the full magnitude of which can hardly be comprehended. To assert that it has been won and is being won in thousands upon thousands of cases, without the most convincing reason and overwhelming evidence to support the assertion, would be disastrous folly. The experience and observation of Viavi advocates in this matter, extending as it does over all civilized countries, enable them to speak with a confidence that nothing can shake.

The use of the Viavi system of treatment after delivery is explained

in other chapters, particularly those on Inflammation of the Womb, Displacements of the Womb, and Lactation.

The Hygiene of Pregnancy

All the intelligence that a woman and her husband can bring to bear are needed during her term of pregnancy. It is a time when every fine sentiment of manhood is appealed to, when every resource of manhood should be employed. Everything disagreeable or burdensome should be removed from her life as much as possible. Generous allowance should be made for any fretfulness or discontent that may appear. The direct happiness of two lives is involved in the care that a woman receives at this time. While the strongest possible obligation rests upon the husband to do all that a man can do, the woman herself is in no sense relieved of the obligations that Nature has imposed upon her. It is her own conduct, more than that of any other, that determines the happy or wretched issue of her condition. In pregnancy the use of the Viavi system of treatment contemplates and requires intelligent living in all ways, for at no other time of life is it so urgently needed.

Diet. The appetite is generally poor during the early months of pregnancy, and there are cravings for certain kinds of food. These cravings should be satisfied, for generally morning sickness is thus avoided. The digestion improves and the appetite returns after the fourth month. If nausea appear, the Viavi liquid should be taken in hot water into the stomach in five drop doses three times a day, about twenty minutes before each meal. Nutritious animal and vegetable foods that can be well digested and that the patron desires should be supplied freely as they are wanted. There should be no inflexible rules about what to eat and what to avoid. The idea is to give the patron what she desires in reason, to give her all she wants, and to know that the food is not indigestible.

It was the fad at one time to place pregnant women upon a fruit and vegetable diet, so that the bones of the child should be soft and easy delivery assured. Such a procedure we cannot condemn too forcibly, as it is not soft-boned, weakly children that we desire, but the heartiest, healthiest and most robust that can be produced. It has been demonstrated thousands and thousands of times over that when prospective mothers place their bodies in such a condition of health by means of the Viavi system of treatment that their appetite is good and their digestion sufficiently normal to assimilate a good, variable, nourishing diet, they need have no fear of suffering unbearable tortures by giving birth to a hearty, robust child.

After the womb has risen into the false pelvis, there is some compression of the stomach. This reduces its capacity, necessitating the taking of food in smaller quantities and oftener. At times a milk diet will be required.

Albuminuria is caused, so far as is now known, by mechanical pressure

upon the renal blood vessels, the bladder, ureters or kidneys; hence the Viavi system of treatment proves efficacious in preventing this grave disease, and also in overcoming it by righting the displacement and so relieving the pressure.

The Viavi liquid taken internally acts beneficially upon the whole urinary tract, promoting healthy functional activity. It also largely helps to overcome the distressing nausea of pregnancy. It should be taken in the stomach three time daily, about twenty minutes before each meal, in from five to ten drop doses, in a little water.

Clothing. The clothing should be loose, so as not to bind the abdomen and chest, also be warm, and as light as the season permits. A most astonishing thing, often seen, is tightly-laced corsets on pregnant women. It would be unreasonable for them not to expect serious consequences from such folly. Corsets should not be worn at all. Even tightly-fitting skirts and bands around the waist are injurious. All such practices impede the circulation and digestion, and lay the foundation for suffering. Clothing is best suspended from the shoulders. If the abdominal walls are flabby from previous pregnancies, they should be supported by a flannel bandage about the abdomen. Besides lending needed support, it will give comfort.

Rest, Sleep and Exercise. It is highly essential that a pregnant woman should have abundant sleep, and at a certain time every day she should lie down and rest for an hour or two for complete rest and, if possible, sleep. The shoes should be removed and perfect comfort secured. At first it may be difficult to induce this sleep, but gradually the habit will be established. Great benefits will be derived from it. Violent and excessive physical exertion should of course be avoided, but moderate and pleasant exercise is highly beneficial. If a woman is accustomed to walking, she should walk a certain distance every day. If this prove disagreeable or detrimental, she should drive, if possible. Abundant fresh air and sunshine should be had.

Bathing. Bathing should be done during pregnancy as well as in its absence. If the cold bath has been used before pregnancy, it should be used during the term. Of course the season of the year and common sense will largely determine this matter. Established habits in this regard may be safely followed as a rule. A free use of the bath and thorough applications of the Viavi cerate will maintain the functional activity of the skin.

The Bowels. If there is an inclination to be constipated during pregnancy the use of the Viavi laxative is advised. If one pill does not establish a normal movement, two should be taken every night before retiring. The use of the Viavi tonic will be beneficial if the blood seems to show the need of iron. The Viavi liquid is excellent for irregularities of the digestive system.

Sexual Relations. It is exceedingly important that sexual relations be entirely suspended during pregnancy. Human beings seem to be the only

creatures who violate a most sacred law of Nature in this regard. It is a very frequent cause of miscarriage, is often painful to the wife, and may be the cause of distressing pelvic troubles. To some women the act is repugnant; others desire it. It is in this regard that the wisdom, manliness and forbearance of husbands are seriously called into play. Indulgence at this time implants within the unborn child tendencies that will poison its whole life.

Use of the Cerate. The Viavi cerate is to be used daily during pregnancy, upon the abdomen and hips, and at least three to six times a week over the spine by an assistant. The skin should be properly prepared, and if the cerate is applied for one hour each day it is not too much. The more cerate that is absorbed, the better the results. A good plan is to apply it thirty minutes in the forenoon and the same at night. In this way its beneficial effects will reach the entire system.

Use of the Capsules. The Viavi capsules are to be used in the vagina to within a few days of confinement, and their use resumed fifteen days afterward. If a patron is using the treatment when she becomes pregnant, she may continue the use of the whole capsule. If she begins the treatment after becoming pregnant, only half a capsule should be used for a time—from two weeks to a month—and after the whole capsule.

The Sitz Bath. A sitz bath will prove beneficial to both mother and child. She should sit in the bath about ten minutes, beginning with the water moderately warm, and decreasing the temperature by the addition of cold water, until the bath becomes moderately cold. At the same time the feet should be placed in warm water. The shoulders should be well covered, to prevent chilling. After the bath the entire body should be rubbed with a coarse towel until a good glow is produced. The sitz bath should be taken once or twice a week, as the strength permits.

The Douche. The use of the syringe should be discontinued after the fourth month, but the parts should be flushed regularly by hand, to secure cleanliness. During the period when the douche is used, the water should be only moderately warm, never hot.

CHAPTER XLVI.

THE ABDOMINAL WALLS.

ONE thing that is an imperative necessity to health is firm, taut abdominal walls. When we find a patron suffering from a loose, flabby abdomen we know that both the abdominal and pelvic contents are displaced, that they are not properly supported, and conseqeuntly that they are sagging downward and out of position. This includes the liver, kidneys, intestines—in short, the whole pelvic and abdominal viscera. The important function of the abdominal walls has been practically overlooked in the past, and one may read volume after volume of medical works both old and new and find nothing whatever on this important, this vital subject. In fact, the abdominal walls are cut and slashed to-day with the knife as if their function extended no farther than that of the skin covering a part of the leg or arm. Tense, firm abdominal walls are just as necessary to health as a strong spinal column, even more so; and no time, care nor attention can be too lavish to preserve their tonicity.

Walls Injured by Surgery

Failure to recognize the symptoms that accompany a loss of tonicity in this region has led surgeons to perform all kinds of operations, from plastic surgery down to the removal of both womb and ovaries. Just as soon as a patron loses the temporary benefit derived from a few weeks of enforced rest in bed, where the operation places her, frequently she is no better, and often her condition is much worse. The old symptoms return in an aggravated form—headaches, backache, dragging-down pains, indigestion, constipation, mental depression, extreme irritability of the nerve centers of the abdomen, and inability to stand upon the feet for any length of time. Nothing has been done to strengthen the abdominal walls, but the treatment has been such as irreparably to destroy their strength and function.

Disappointments rarely follow the Viavi system of treatment for lax abdominal walls, as through the medium of the Viavi cerate and its manner of application, great strength and elasticity, and hence functional activity, are given the walls.

Vital Uses of the Walls

The muscles of the abdomen have been wonderfully and beautifully arranged by the Creator for the purpose of securing great strength and harmony of functional ac-

tivity. The good effects resulting are not confined to the abdominal region, as these walls are very closely connected, functionally, with many remote parts of the body. Strong, healthy, elastic abdominal walls are necessary to health, as they assist largely in the performance of many vital functions, besides supporting the abdominal viscera. These walls are powerfully exercised in all expulsive efforts. They help to expel the child during labor, the feces from the rectum, the urine from the bladder, and the contents of the stomach in vomiting. They are also largely used in breathing, laughing, coughing, sneezing, singing, talking, and in all movements of the trunk. As they so largely assist in the performance of all these functions and many more, we see the necessity of their possessing not only strength, but great elasticity also, as their action must be both powerful and prompt.

Displacement of the womb and ovaries but seldom exists alone, but as a rule there will be present also a sagging downward of the abdominal viscera. The only rational method for curing displacements of the generative organs is to include in the treatment the displaced abdominal contents as well, and restore to both the pelvic and abdominal viscera their healthy, elastic muscular supports, of which the muscular abdominal walls form the larger part.

Benefits if Walls Are Strong

The pelvic and abdominal cavities are not separated by a partition, but really constitute one cavity; hence, what affects the contents of one affects the contents of the other. When the abdominal walls cannot assist the many organs to perform their various functions, the whole body is weakened; the whole body is ailing. Here is where some of the grandest results are obtained in the Viavi system of treatment through the medium of the cerate, which is to be applied in a thorough manner over the abdominal region. This is why, under this treatment, weariness disappears and the general health improves, as by making healthy the abdominal walls so many organs of the body are assisted in performing their special functions, while the viscera receive their proper support.

Weak abdominal walls produce also constipation, dyspepsia, palpitation of the heart, impeded respiration, kidney trouble and other functional disturbances.

Effects of Rupture and Cutting

Every one is familiar with the great weakness that exists when the walls of the abdomen break. This is known as abdominal hernia, or rupture. The smallest rupture will necessitate the wearing of a truss, or heavy harness, for it can be likened to nothing else, to keep the viscera in place. Abdominal incisions completely destroy the beautiful mechanism of these walls, when a long, thin, puckering scar is left. The line of juncture which it represents is inadequate to give proper support to the abdominal contents; hence the necessity for the use of a bandage for the remainder of a woman's life. It is wide knowledge of the

fact that the Viavi system of treatment is non-surgical that brings so many patrons of this class under the treatment, placing us in a much better position to judge as to which treatment will prove the most efficacious, also to determine the effects of abdominal incisions even better than the operators themselves. After abdominal incisions patients are often left in a most pitiable condition, as the main support offered by the strength of the abdominal walls has been destroyed, while many times large, festering holes remain as a constant menace to life. Physical degeneration is the result—every function is more or less disordered, and hence every nutritive process lessened.

The abdomen is greatly weakened by the wearing of heavy skirts, corsets, tight waist bands, etc.; hence the first step is always to remove the cause. An erect, strong spinal column to hold the body in normal position is also of so much importance in helping to overcome the weakness above mentioned that we have devoted one chapter to this subject. (See chapter on the Back.)

The accumulation of fat, or adipose tissue, in the abdominal region, either within the cavity or within the abdominal walls, is caused by forced inactivity or a loss of healthy reaction. This function, thus impaired, is not irreparably suspended nor lost. It can be regained and the abdomen made to resume its normal size when a sufficient quantity of Viavi has been taken up by the nerves and tissues. This healthy reaction so obtained causes this abnormal accumulation to be thrown from the body as are other forms of waste products that may be retained in disease. (See chapter on Obesity.)

Why Surgery Does Not Relieve

A woman has given birth to a child; from that event she dates her illness. An examination is made and a cervical laceration found to exist. She is led to believe that under the ordinary treatment an operation to stitch up the rent will relieve her of all painful symptoms and thus restore her to health. The operation is pronounced a surgical success, but there is no relief from the aches, pains and nervousness that were present before. The abdominal walls in this woman's case had been weakened at pregnancy. They were left without sufficient tonicity to support the abdominal and pelvic contents, and although the laceration was stitched, the great cause of her suffering was entirely overlooked.

The Viavi system of treatment is very different. The capsule is placed against the lacerated cervix, and while the rent is being healed the cerate is being used over the abdominal region, so that it may regain its normal strength and thus be enabled properly to support the displaced abdominal and pelvic contents. Its beneficial effect is felt by the whole body. It gives tone to the nerves, strength to the muscles and greatly increases the general vital energy. That the abdominal walls assist in so many vital functions, and that they must possess extraordinary strength to enable them to do so and at

the same time properly hold the viscera in place, constitute one of the most important facts considered in the Viavi system of treatment, and one that is never lost sight of. As a rule, women possessing strong, elastic, healthy abdominal walls are free from the ordinary aches and pains from which most women suffer.

Splendid Results Secured

A woman some time ago placed herself under the Viavi system of treatment who, prior to her marriage, had been a very successful trained nurse. She was suffering from inflammation and displacement of the womb, and as she had given birth to four children her abdomen was found to be large and flabby. She obtained remarkable results. The abdominal walls regained their normal tone and elasticity, and the distressing symptoms that had been previously present quickly disappeared. Then having been brought to realize fully what healthy abdominals walls mean to the body, she taught her four little girls how to apply the cerate every night upon the abdomen after retiring. (See Reclining Abdominal Massage.) The children all became robust and hearty, and their powers of endurance were greatly increased. It can be easily imagined what this meant to the mother as well as the children.

The Treatment for Lax Walls

Simply to rub the cerate quickly or carelessly over the abdomen will not bring about the results desired. The abdomen should be sponged off with a little vinegar and water; then a small quantity of the cerate should be applied and well rubbed in with a circular upward movement until absorbed, and then a little more applied in the same way. From twenty minutes to a half hour this rubbing in of the cerate should be continued. At first the absorption may be poor, but it will gradually increase from day to day, and in time large quantities of the cerate will be absorbed and made use of by the abdominal nerves and tissues. (See rules for Adominal Massage.) When the cerate is absorbed, no matter how great the quantity, it is never wasted. It is wasted only when more is applied than the absorbents will take up. It may consume some time and patience to massage the abdomen with the cerate, but the time could not be better expended, nor can the same results be obtained from any other treatment nor in any other manner. After thoroughly rubbing in the cerate, the surplus amount left on the skin should be wiped off with a towel, so that the clothing may not be soiled. (See Hot Bath followed by Cold Spray.) It is the amount absorbed that accomplishes the results, not the amount left upon the body to be absorbed by the clothing. As an adjunct to the use of the cerate over this region we refer the reader to hot and cold compresses. (See Hot Compress and Cold Compress.)

The Treatment for Rupture

A breaking of the abdominal walls is known as abdominal hernia, or rupture. It is generally in the region of the navel or low down the groin. Under many condi-

tions hernia, or rupture, may be cured. There are some cases that are incurable, but they are generally of long standing and where the vitality and recuperative powers are at a low ebb. The great difficulty that we have encountered in treating cases of this kind is the lack of patient persistence and of a realization on the part of the sufferer that the seriousness of this condition is great and that very slow progress must necessarily be made toward recovery. The success of the Viavi system of treatment in this department has been so marked that we believe that wherever it is possible to cure this condition it can be cured by the aid of the Viavi system of treatment; and in order that special directions may be given, correspondence with the Hygienic Department of the most convenient Viavi office is invited wherever the case is an extremely serious one.

The treatment for rupture consists of a thorough application of the Viavi cerate over the abdominal region. The patient should assume the reclining position. (See Reclining Abdominal Massage.)

The hot compress is to be used three times a week. The patron should lie upon the back without a pillow under the head, the thighs flexed toward the body, so that abdominal muscles will be relaxed; when in this position the compress should be applied. (See Hot Compress.) The compress is to be taken at night, just before retiring, and it is much better if the sufferer does not stand upon her feet for several hours after using it. The cerate is to be used daily, but the compress three times a week.

It may be found necessary to wear a truss or properly fitted belt for some time after commencing the treatment, but it may be gradually left off if the patron's progress is favorable.

A child suffering from hernia should never be placed upon the incurable list until the Viavi system of treatment has been given a thorough trial, as most excellent results, especially in children, are obtained.

Cases of Relief Secured

Mrs. B. placed herself under the Viavi system of treatment when pregnant. From an extensive rupture she had suffered four miscarriages. Her condition was very grave at this time, and she adopted the Viavi system of treatment simply because the physicians promised nothing, not even that she would survive delivery. Not only did she give birth at full term to a nine-pound child, but the rupture healed. We last heard from her when the child was five months old, and her health was perfect.

Another case was that of a patron suffering from a double rupture, one of which healed.

Another case that of Miss B., who wore a truss for two and a half years for a right femoral hernia. In seven months the rupture had healed, and there has been no return of the trouble since 1894.

CHAPTER XLVII.

NOURISHING THE INFANT.

(LACTATION.)

IN all the works of Nature there is nothing more instructive and beautiful than the provision that she makes for the development of the young. In the mammalia, to which human beings belong, the mother furnishes milk for the sustenance of the young after birth. Outside the mammalia we find remarkable illustrations of the physical dependence of the young upon the nutriment furnished by the mother's body. Thus, in the hatching of a fish's egg the head and the tail protrude from the egg, and for a considerable time the young fish subsists entirely upon the substance of the egg. By the time it has absorbed and used all this substance, its development is sufficiently advanced for it to feed on the ordinary food of its species. In fowls, freedom of movement is prohibited the young until it has converted all the substance of the egg into the formation of a creature that is able to feed on the ordinary food of its species as soon as it is given freedom; but in both these cases we find an illustration of the law in mammals that the young subsist on the food furnished by the mother until it is sufficiently developed to seek and use the ordinary food of its species.

It is the same in plants. Take a bean, for illustration. The fleshy lobes of the seed contain the nutriment upon which the young plant subsists until it has gained sufficient strength of root and leaves to draw its sustenance from outside source; but these lobes were prepared by the mother plant for the express purpose of furnishing the young plant with food until it should be sufficiently developed to seek and use the food of its species, which it finds in the ground and air. In the case of marsupials (kangaroos, opossums, etc.), the young are born at a very early period of their development, and are carried in a pouch in the mother's abdomen; into this pouch there open milk glands, which furnish the young with food until they are able to seek the proper food of their species.

Thus, in whatever direction we turn, we find that from the beginning of the new life to the time it has developed sufficiently to subsist on the ordinary food of its species, it depends wholly upon the food furnished by the mother.

The Principles of Nourishment

In the case of a chick we find an egg millions of times larger than a human egg, although the chick's mother is a great deal smaller than a woman. The germinating and impregnation principles of the two are alike. The difference is this: In the case of the hen's egg the nutriment designed for the developmen. of the young life is all stored within the egg, whereas the nutriment for the young human life is supplied in the womb by the mother, through the medium of her blood, as the development of the young life requires it, and then after birth through the medium of her milk. In both cases, however, it is the mother that supplies the nutriment—the hen does it beforehand, the human mother continuously as it is needed. The mother bean-plant proceeds exactly as the hen does. The reason why the hen's egg is so vastly larger than a human egg is therefore clear; it is because it must have in a stored form all the food that the chick requires for its development up to the time that it is able to seek and use the food appropriate to its kind. In a chick this time is when it is hatched; in a human being it is at weaning time. Thus, a chick at the time of hatching is far more advanced in development than a child at the time of birth.

The Peculiarity of Mammals

In the case of mammals, those that deliver their young before the latter are able to seek from other sources the food peculiar to their kind, Nature provides that the mother shall furnish milk. Here we see a beautiful and wonderful principle. While the young life was in the womb of its mother it drew its sustenance directly from her blood, the circulatory systems of the two being in communication. After birth the same blood, bearing the same nutriment, is transformed in such a way as to be available as milk. Hence we see that the birth of a mammal occurs before its development has reached a point where it is able to seek the ordinary food of its kind. It is the same with young fishes and bean-plants, but it is not the same with chicks. Thus we see that different creatures come into the world at different stages of development. Therefore we realize the great importance of the mammalian mother being able not only to furnish milk, but just the right kind of milk, for her offspring. If she does not do so, a law of Nature is violated, and we know that punishment invariably ensues. In the case of wild animals, the young die of starvation. In that of human beings we find a superior intelligence that is able in a measure to supply the deficiency by furnishing the young with artificial food, but we are all perfectly aware that no artificial means employed for any purpose can fully take the place of a natural one—that human skill is inferior to that of the Creator.

The Mother in Lactation

The giving of milk by a mother is called lactation. We have read sufficient to see that lactation is merely a continuation of the principle involved in pregnancy. The

principle in pregnancy was the protection and nourishment of the young life up to a certain point—the time of delivery. But at that point the helplessness of the infant is so great that the principle of protection and nouhishment must be continued for a considerable time—until the child is able to eat the food appropriate to independent human beings. Hence there is no essential difference between pregnancy and lactation, for they are the two stages in which the same principle operates.

Interruption of this wonderful scheme may occur at any time in its progress. It may come from abortion, miscarriage, the death of the fetus, the death of the infant, the failure of the mother to furnish milk, or its deliberate suppression by her after it has appeared. We have learned sufficient from this volume to know that the interruption of any scheme of Nature is a violation of her law, and that punishment will result. Contemplating, for the present, the effect of such interruptions on the mother, we shall find in the chapter on Miscarriages what she will suffer from those forms of the interruption, and shall now consider what she suffers from failure to furnish milk, and from its suppression when it appears.

Instead of employing the superior intelligence that Nature has given us for understanding and obeying her laws, the most of us employ it for the purpose of violating them. How any conscience thus involved is able to find peace, surpasses the understanding of the wise.

Breasts Affected in Disease

As the breasts are a part of the mechanism designed by Nature for the nourishment of the young, and may be regarded, therefore, as a part of the generative system, it is to be expected that if there is a disease or weakness of the generative organs, the function of the breasts will be impaired through the close sympathetic relations that exist by reason of the intimate nervous connection here found. It is a familiar fact that the breasts do sympathize with disordered conditions of the generative organs. In lactation the breasts take up the work that the womb has been doing in pregnancy. The condition of the womb is affected to a greater or less extent by that of the other generative organs; so likewise is the condition of the breasts. (See chapter on Inflammation of the Breasts.) If there has been great distress during pregnancy, we may expect absent or defective lactation after confinement. Contrawise, if pregnancy has proceeded easily and parturition has been devoid of abnormal conditions, we may expect healthy lactation. Further, if by intelligent treatment we overcome abnormal conditions in pregnancy and avoid them in confinement, we may expect the breasts to perform their natural function properly. As the Viavi system of treatment accomplishes those results with regard to pregnancy and delivery, it naturally, by reflex action, places the breasts in a condition to perform their work satisfactorily. This happy result

may be more fully assured by applying the Viavi cerate gently to the breasts during pregnancy, in the manner described in the chapter on Inflammation of the Breasts.

Consequences of Interruption

Constipation is a retardation, or partial interruption, of the natural process of passing along the contents of the intestines. It produces a number of ills, which will be best understood by reference to a later chapter in this volume. A checking of the menses by taking cold or by other means produces serious evils that are discussed in the chapter on menstruation. If we tie a string tightly round the finger, we check the circulation, and if this is long continued, the finger will die. Congestion, as we have seen in the chapter on that subject, is a retardation of the circulation of the blood, and its serious consequeneces are there made clear. So we might go on indefinitely citing instances in the human economy in which the interruption of any natural function or process, or any serious interferences with it, inevitably produces injury to the economy.

Hence we rightly reason that any interruption of the principle involved in the nourishment of the young by the mother must have an injurious effect upon her. Not alone reason, but observation as well, supports this assertion. If we find that a mother is unable to furnish milk for her child, we know that a serious interruption to the natural course of events has occurred, and that evil consequences must be expected and will invariably appear.

Explanation of Interruption

The failure of the mother to furnish milk may be due to some disease or weakness of the generative organs, or to a depletion of nervous force. This depletion may take the form of inability to digest and assimilate food in a way necessary to furnish the blood with nutriment that the mammary glands (breasts) may transform into milk. Hence we conclude that if the nervous system is in perfect order, the proper secretion of milk will result. As the use of the Viavi system of treatment has a special value in assuring the integrity of the nervous system, the natural result of its use during pregnancy is an ability to secrete milk.

If the lack of nervous integrity explains the absence of milk, we may be certain that the injury which the mother suffers is by no means confined to the milk-secreting powers. Every other function of her system must suffer, likely one more than another. Her digestion may be poor, or she may be constipated, or her mind may be weak, or her special senses involved. She may be irritable, peevish, discontented or melancholic. Rheumatic pains, particularly lumbago or a weakness of the back, may afflict her. Her hair may fall out, through inability of the nervous system to furnish nutriment to its follicles. Any one or more of innumerable afflictions may make her life a

burden. It may be taken for granted that if she is unable to furnish milk she is in an unnatural condition, and that she has either some present affliction or is drifting into one. There is no escape.

If Lactation Be Suppressed

One of the most shameful and pitiful spectacles in the world is the deliberate suppression of the milk after it has appeared, if the child can take the breast. When the interruption of a natural process occurs through weakness, the tendency of Nature is to restore the strength needed for a resumption of the process. It is for this reason that the use of the Viavi system of treatment is so efficacious —it furnishes Nature with the material upon which she may build her own strength and thus resume her process. When, however, there has been a resort to violence to check the process, Nature resents the outrage in the most summary manner. Swollen and broken breasts are to be expected from intentional suppression of milk. These are minor indications of the harm that has been done. The entire nervous system has received a heavy shock, its orderly way of attending to its duties has been deranged, and it being all at sea, the mischief that its derangement must do may take any form and direction. For a time the mother may experience no serious consequences of her rash act, but sooner or later the punishment will come; some disease eventually will appear and its original cause never be suspected.

In cases where the child dies, and lactation is normal, Nature seems to lend a wonderfully kind hand to ease the situation. The problem offered for solution in such cases is so complex, and reaches so deeply into the subject of human affections and sensibilities, and to their effect upon the physical nature, that we can do no more than say that Nature meets natural conditions intelligently. It seems to be a fact that lactation suppressed by the death of the child rarely produces the evil results, to so serious an extent, that are noticeable in cases where mothers refuse to put the child to breast, when the milk-secreting powers are normal.

Some women of fashion are guilty of this crime against Nature because of the inconvenience of nursing or the supposed flabbiness that may be invited. At the other extreme of the social scale are poor women whose babies would be a burden and hindrance in the work that they must do. In either case the profoundest commiseration is roused.

Injury to the Affections

The woman who "dries up her breasts" for the sole purpose of securing her convenience denies herself the softening and expanding influence that comes from having the confiding and affectionate little life pressed close to her heart and drawing its nutriment from her. This is the sweetest phase of maternity. It is the one more than all others that brings the mother and her child into the closest relations, that gives her a power over its destiny, and that awakens the

deepest and finest emotions of her nature. Deliberately to deny herself the operation of this elevating and refining force is to thrust aside the most precious offering that Nature has placed within her reach.

For a similar reason, no higher obligation rests upon a pregnant woman than to employ every possible measure calculated to assure healthy lactation after her confinement. Outside the Viavi system of treatment there is nothing whatever that she may employ to bring about this happy result.

Injury Done to the Child

It was the mother's blood that contained and conveyed to the unborn child the nutriment employed in its development. It is still the mother's blood that furnishes the nutriment in the form of milk. To make any change whatever in the character of the nutriment designed by Nature for the sustenance and development of the child, either before or after birth, is to violate Nature's intention and defeat her purpose. The mother who is able to furnish milk, but instead of doing so dries up her breasts and employs a wetnurse for her infant, is giving it a food that Nature does not design it to have. We can understand this when we reflect that no two human beings are alike; it follows that the milk of no two women is identical in character. For the mother to employ a wet-nurse belonging to an alien race, is still more seriously to violate the natural law.

The infant who is compelled to subsist on artificial foods, or the milk of inferior animals, such as cows, is indeed an object of pity. A radical law of its development is violated, and it must suffer the penalty. Unfortunately, its helplessness prohibits its refusal to submit. It must suffer the outrage imposed upon it by the superior force of those charged by the Creator to supply its needs intelligently.

The mother's milk, the milk of the woman who bore the child, is its only natural food. Nature would not have designed the breasts of women if she had never contemplated the likelihood of the employment of any other food. Nature knows best. Her ways are infinitely better than those that any human being can devise.

The Child's First Experience

The bowels of a new-born child contain a substance called meconium. This has a useful purpose in the fetal state, but must be got rid of after birth. To meet this contingency—here mark the wonderful wisdom of Nature—the first milk given by the mother is scant, thin and watery; it contains little nutriment, but carries the very laxative that is needed to act properly on the infant's bowels to rid them of the meconium. If this is not removed, the digestive system of the child will be seriously impaired at the very threshold of its life. No artificial laxative can possibly be identical with that contained in the first milk of

the mother, and hence if the child does not receive this laxative from its mother's breasts, it will sustain an injury of greater or less moment.

If the mother is able to furnish milk, the giving of anything else to the new-born child, such as tea, diluted cow's milk and the like, is a violation of a natural law, and consequently injures the child. This is mentioned because it is a very common practice, and displays a most reprehensible ignorance that is exceedingly prevalent. There seems to be a perverse quality in ignorance that leads it to expend an enormous amount of ingenuity in devising ways for outraging natural laws. Superfluous and irrational solicitude for the welfare of the child is the chief explanation of these pernicious manifestations of ignorance.

Quality of Milk Considered

The milk of every mammalian species is intended for the young of that species, and not for the young of any other species. The secretion of milk by each separate species is more than a natural measure of convenience for the young of that species. We can understand one reason for this when we reflect that the young of different species require different periods for the completion of their infantile development, and that the milk of each species undergoes steady changes throughout this period. We have seen, for instance, that the first milk furnished by a human mother contains a laxative, but hardly any nutriment. This is because a laxative is required, while hardly any nutriment is demanded, for the reason that at first the infant does not need it. Its digestive system remains dormant for a time after birth, and to give it nutriment, as is the common practice, is to give it work it was not intended to do, and cannot do properly nor without injury.

As the child rapidly develops, the character of the mother's milk changes in quality to meet the changing demands of the child's system. This change in the quality of the milk is progressive, Nature enabling the mother to furnish, at any given time, milk containing the ingredients that the child's developing organism requires at that time. No human skill can possibly approach Nature's in devising so wonderful a mechanism. For this reason it is impossible to find cow's milk, or the milk of any other animal, that contains exactly the ingredients demanded by the infant's needs.

The Craving of the Child

The first act of volition on the part of the new-born child is to seek its mother's breast. Before being placed thereto, it gives signs that indicate its desire. When placed to the breast it will know what to do. Nature had implanted in it both the desire for the breast and the knowledge of what to do when placed to it. If there is no milk for it, or if the breasts are too sore and tender to bear its application, or the mother denies it from selfish motives, it cannot be reasoned

with. It cannot be made to understand that the gratification of its intense longing is impossible. No explanation can be made to it that the mother charged with the most sacred of all duties is unfit to perform them, or that she has neglected the means whereby she might have fitted herself for them, or that she is moved by selfishness to sacrifice the child's welfare. It will be many, many years before its intellect will have been developed to that point. Meanwhile it must suffer the first and most serious of all the disappointments of its life. The one craving of the little soul must be denied. Could anything be more pathetic, more pitiful, more cruel? Is there anything in all the world that could more strongly appeal to every susceptibility of the human heart, to every gentle emotion, to every one of the finer qualities that distinguish the highest of God's creatures?

No imaginative pen is needed to depict the dumb suffering that the little life must endure, the crippling of its whole nature that must ensue. One of the most urgent and sacred of Nature's laws has been violated, one of the most pressing obligations resting upon conscience has been ignored. Who shall be the sufferer?

A Most Beautiful Picture

A picture of the babe at its mother's breast, drawing its sustenance from her, is the most beautiful in the world. It is here that we see the marvelous scheme of Nature carried out in all its sublimity. The tender little life has found the harbor for which every instinct of its soul so eagerly yearns. It continues still to enjoy the protection and nurturing to which it has been accustomed in its mother's body. It still remains a part of her, body, blood and soul; it still depends upon her wisdom and kindly care. In addition, it has something infinitely more precious—the mother-love, in full bloom and fragrance, the noblest, the tenderest, the most touching, the most enduring thing in life. From her body it draws the one and only nourishment that its all-wise Creator designed it to have. In the warmth of her body it enjoys infinite comfort and satisfaction, and the best of all aids to its digestion and the other natural functions of its little life. For it there is no other haven in all the world, no other nest so sweet and comfortable. There are no other breasts that it can caress so lovingly, no other arms that hold it so gently, so comfortably, so tenderly. There is no other heart that can so expand and mellow, no other hands that can do so much and be so soothing, no other head than can plan so well, no other aspirations that can sow the seed of hopes and efforts to fill the coming life with strength and gladness.

Accidents To Be Avoided

Just as a mother's conduct and the condition of her health, as well as her state of mind, affect the quality of the child's nutriment and the manner of its supply

while she is carrying it in her womb, so will similar conditions have a like effect upon the food supply—the milk—after birth; and just as these variations from the normal while the child is in the womb affect it injuriously to the end of its life, so will like departures from the normal during lactation produce similar injurious effects. It therefore behooves a mother to exercise the greatest care while she is nursing her child. Many cases are recorded in which the child was poisoned through the medium of the milk by the mother's giving way to some violent passion. Innumerable children have actually starved to death because, although the quantity of the mother's milk seemed sufficient, the fluid was lacking in proper nutritive elements, due to unwise eating or other conduct on the part of the mother. The one safe rule to follow is for the mother to keep her mind and spirits cheerful, to guard her health in every possible way, to preserve her strength, and to eat abundantly all the nourishing food that she desires and that she finds to agree with her. Countless thousands of drunkards are made from the use by mothers of beer, wine or spirits while nursing their children. Fondness for tobacco, tea, coffee, sedatives and other nerve stimulants or hypnotics is thus implanted.

Effects of Viavi in Nursing

The use of the Viavi system of treatment during pregnancy, besides accomplishing all the good that it produces in that condition, assures a natural condition after delivery that makes lactation complete and enables it to meet all the demands of the young life. The resumption of the treatment fifteen days after confinement is a further aid to that end. It furnishes to the body the material and strength by which all the functions of the reproductive economy, in all its stages, are made natural. The power of the remedy in furnishing Nature with the strength and order by which she may assure normal lactation is demonstrated in thousands of cases annually throughout Christendom. The happiness that it has thus brought to mothers and the strength that it has thus implanted in infants are conspicuous and gratifying, and of inconceivable value.

Lying in wait for infants are numerous diseases that sweep them off annually in appalling numbers. Dysentery, due to improper nourishment, is the most frequent cause observed. This is easily explained by the condition of the mothers. There are many other diseases that they may be expected to have, such as measles, whooping cough and the like. If they have sufficient strength and vitality, they will come safely through all these afflictions of childhood. The use of the Viavi system of treatment enables mothers to impart to them the strength that will bring them through to competent manhood or womanhood.

CHAPTER XLVIII.

INFLAMMATION OF THE BREASTS.
(MASTITIS)

INFLAMMATION of the breasts generally occurs during lactation (nursing), and is most frequent at the beginning of lactation. It less frequently occurs at weaning. As it is a very distressing condition, and if neglected will lead to serious results, besides cutting off the infant's natural food supply or poisoning it by the infection of the products of inflammation, it requires prompt, intelligent and thorough treatment. In these affections we see the Viavi system of treatment assisting Nature with as perfect and permanent results as in all other inflammatory conditions.

Causes and Kinds Observed

The inflammation may arise within the breast, or one of its milk tubes, by the stagnation of milk, generally induced by a sore or imperfect nipple. Another cause is a weakness of the child which prevents its emptying the breast thoroughly. The undue pressure of ill-fitting clothes or corsets may be the cause; this will serve as a mechanical obstruction in a number of tubes, the obstruction leading to inflammation. It is almost impossible for some women to nurse a child without suffering from a gathered breast.

The two kinds of inflammation are the external and the internal, each developing into both forms. Inflammation of the milk ducts, or tubes, presents us with the internal form. This will have a tendency to spread outward and involve the surface. External inflammation begins on the surface, or rather in the tissue just beneath. It is of an erysipelatous character (resembling or partaking of the nature of erysipelas), and spreads inwardly, involving the substance of the breast, with its ducts, and producing caking. This external form is caused by injuries, such as bruises, or it may be caused by fright or exposure to cold. Such a condition frequently results in the formation of abscesses.

When to Draw the Milk

When it is found that the milk cannot be drawn in the natural way, whether by the absence or weakness of the child, or from an obstruction of the milk tubes, or some

defect of the nipple, no time should be lost in making every effort to draw it by other means. Another infant may be secured for the purpose, or the service may be performed by a friend, or by young puppies. Means must be found for relieving the condition. Good protection should be given the inflamed breast in cold weather.

The Treatment for Mastitis

If the use of the Viavi system of treatment is followed regularly during pregnancy, these distressing afflictions of the breasts may be avoided. If from cold or other adventitious circumstance an inflammatory condition has appeared, and the breast gathers or threatens to gather, the use of hot compresses (see Hot Compress on Breasts), followed by a thorough application of the Viavi cerate two or three times a day, will successfully reduce the inflammation and prevent the formation of abscesses. After nursing, the nipples should be sponged off with a little warm water, in which have been placed a few drops of the Viavi liquid. Then dry with a soft linen cloth, and dust over with corn starch, which will absorb all moisture and keep the nipple dry. Before placing the child at the breast the particles of adhering starch should be removed with warm water. Every time the child is removed from the breast this process should be repeated, until the nipple becomes sufficiently toughened.

If the breasts become inflamed at any time independently of pregnancy, the hot or the cold compress should be used once or twice daily. (See Hygiene of Breasts.) The Viavi cerate is to be applied in a thorough manner over the breasts and under the arms immediately following the compress. It is but seldom that it will be necessary to lance a gathered breast if this treatment is begun in time and followed up. If an open sore exists see Hygiene of Breasts, No. 3.

CHAPTER XLIX.

MISCARRIAGE.

ABORTION is the separation and expulsion of the immature ovum from the womb, and may be either spontaneous, accidental or intentional. In the common acceptance of the term, it means the procurement of premature delivery. Under this acceptance there are two kinds of abortion—the non-criminal, or that which is done in cases of maternal malformation, or for other cause to save the mother's life, and the criminal, or that which is produced at the solicitation of pregnant women who wish to escape either the burden or the shame of maternity. Criminal abortion is a subject so repulsive that it calls for no discussion here. In scientific usage the expulsion of the ovum during the first three months of pregnancy, from whatever cause, is generally termed abortion. If the expulsion occur between the termination of that period and the viability (ability to live) of the fetus, it is generally termed miscarriage, or immature delivery. If it occur between the appearance of viability and the maturity of the fetus, it is called premature delivery. For convenience, in this chapter we shall speak of them all as miscarriage; that leaves no room for popular doubt as to the meaning intended.

Some Causes of Miscarriage

Almost anything capable of affecting a woman to a marked degree, whether it proceed from internal or external sources, may produce miscarriage at any time during pregnancy. No two women are alike in this regard. Within certain limitations, what may easily produce miscarriage in one woman will not have that effect in another. A great deal depends upon the strength of the individual, her constitutional peculiarities, and her susceptibility to external injuries and impressions. Any unhealthy condition, constitutional or local, may produce miscarriage in one woman and not in another. Some women pass safely through pregnancy with the severest acute or chronic disease, while a slight attack of illness will produce miscarriage in others. Some women bear the heaviest sudden strain or most serious accident in safety, while the slightest mishap, such as a misstep, the lifting of a light object, fright, joy and the like, will produce miscarriage in others. Almost any disease of the uterine organs will tend to cause miscarriage. The only rule that should govern

women is to exercise the greatest care under all circumstances and at all times, and to secure health as a safeguard against any untoward contingency that may arise.

Specific Causes Observed

The causes of miscarriage are many. In habitual prolapsus the impregnated womb may become impacted in the true pelvis, thus preventing its rising into the roomy false pelvis above. As the womb enlarges in this small space it gives rise to great irritation and is followed by abortion. Retroversion may be followed by the same results, and also anteversion, where the bladder is greatly irritated. It is on account of the liability to these accidents and their serious results to the pregnant woman under such circumstances that we never advise a woman suffering from displacements to invite maternity as a cure.

Other causes are inflammation, ulceration, cancer, leucorrhea, placenta previa, induration or hardening of the cervix, irritable uterus, etc. Physical exertion may have the same effect, such as driving over rough roads in a carriage, riding horseback, excessive intercourse, laborious occupations, fatiguing exercise, etc. One of the most frequent causes of miscarriage is the failure of the womb to expand properly, or a rigidity of its muscles. Rigid uterine walls oppose all advance of the growth of the ovum within; hence it must die. The fetus must not only live, but it must grow, and thus an unyielding womb may be the cause of miscarriage after miscarriage, until a veritable habitual miscarriage has been set up. Under the Viavi system of treatment the cause, upon being recognized, is overcome. The treatment assists Nature to restore to the muscles of the womb their natural tone and elasticity, enabling gestation to proceed to its natural termination. The treatment tones up the whole muscular system, but its most marked properties consist in the specific tonic influence it exercises on the female organs of generation, imparting tone to the uterus, thereby not only promoting its healthy functional activity, but also preventing that morbid condition that leads to miscarriage.

Evil Effects of Miscarriage

Miscarriage is the interruption of an elaborate plan put in operation by Nature for her own wise purposes. To check this progress of natural events is to overturn the numerous complex laws whose operation has been set in motion; and we know that to interfere with the operation of natural laws is inevitably to incur punishment. In miscarriage the penalties are very severe for the reason that so many important natural conditions are overturned. Miscarriage is not simply a matter of the womb expelling its contents before its time.

Pregnancy is a condition to which every element in a woman's organism is a contributor. Everything that constitutes her a living creature has been called upon and fitted to perform its share of the mighty work that Nature

has undertaken with the woman as an instrumentality. She is in the hands and under the dominion of powerful and mysterious forces that no human intelligence is able to comprehend. She has been taken in hand by the Creator of all things, and all her powers and activities have been arranged upon a new and wonderful plan. Hence in a pregnant state a woman is a being far different from her normal self. All her forces have entered upon a series of changes that are intended to continue till the end of lactation—beyond that, even, for her finer and higher nature is already being prepared to meet the great duty of caring for her child, of loving it, of leading it safely through the mazes of childhood into the broad way of adult life. Hence we can understand what violence everything which makes her a woman must suffer when this splendid chain of occurrences is suddenly and rudely snapped.

Closer Study of the Evil

We have seen that in pregnancy the heart is enlarged to do the extra work imposed upon it; that the digestive system undergoes important modifications in order that it may be able to sustain two lives instead of one; that the uterine organs, particularly the womb, have adapted themselves to the intelligent discharge of the wonderful duty that they are called upon to perform; that the entire nervous system has undergone important modifications that enable it to direct the new and complex forces called into play; that the character and circulation of the blood have been greatly changed, to meet new conditions. It is intended that all of these complex forces should continue in operation for a certain length of time, and undergo modifications as the various stages of the great creative miracle are met.

All at once a wheel snaps in this marvelously complex and ceaselessly busy machine. All the splendid purposes that Nature had in view are rudely dashed to the ground. Every one of the readjusted forces in the system finds itself violently checked and turned aside. Could any but serious consequences be expected? And yet there are women who look upon miscarriage as a trifling affair, and some (be it said to the infinite shame of humanity) who welcome it as a release from an impending burden.

Miscarriage strikes at the foundation of everything that makes a woman a woman. She suffers not alone physical harm that will endure to the end of her life, and that will give particular evidence of its presence at the change of life, but her mental and moral nature has received a blow from which it can never recover. Every obligation that rests upon womanhood impels her to guard against so grievous a misfortune.

How the Habit is formed

Elsewhere in this volume, particularly in the chapter on Regular Habits, we have seen how easily habits are formed and how tenaciously they hold. Nature is a creature of habit. It is for this reason that the habit of miscarriage is so

readily formed. All persons familiar with the subject are aware that if a miscarriage occur at any stage in pregnancy, a repetition of the mishap is likely to occur when that stage arrives in a subsequent pregnancy. For that reason, a woman who has suffered a miscarriage and again becomes pregnant, should be on her guard. Upon the approach of the critical time she should keep to her bed or couch as closely as possible.

The Viavi system of treatment used during pregnancy has a remarkable effect in reducing the tendency to a repetition of the misfortune, but it should receive the intelligent assistance of the patron. If the tendency is overcome in the first subsequent pregnancy, it will be greatly weakened in the second. On the other hand, if it is permited to occur the second time, its tendency to occur the third time is greatly strengthened. Every one of these occurrences is highly injurious. The evil effects are cumulative, so that if the habit has been permited to gain headway, the strength to overcome it will be progressively decreased. While the victim is still a young woman she finds herself a physical and mental wreck, unfit for the duties of wifehood. Many young women can bear a great deal of such injury without showing any serious immediate results; but Nature never fails to inflict the punishment in time; as the vigor and resisting power of youth gradually weaken, Nature finds the opportunity for which she has been waiting, and inflicts the serious punishment that she has held in abeyance.

The Treatment for Miscarriage

At the first indication of miscarriage a woman should retire and remain perfectly quiet until all symptoms have disappeared. A woman so predisposed should take no violent exercise whatever, neither should she allow herself to become overheated or excited, but should live as quiet a life as her circumstances will permit until delivery at full term.

The Viavi capsule should be used per rectum instead of per vagina when miscarriage is threatened; discontinue douches. Use the Viavi cerate lightly over the abdominal region daily, but its use over the spinal column should be particularly thorough twice a day. The Viavi royal is always advised to build the patron's strength. The cold or the hot compress once a day over the abdomen will be followed by marked beneficial changes. It should be continued from twenty minutes to one-half hour at a time. (See Compress.)

In miscarriage, as in labor, the great danger arises from hemorrhage after the fetus has been expelled from the uterus by the retention of bits or all of the membranes or placenta. Not unfrequently the membrane will remain for weeks, thus causing a constant hemorrhage more or less profuse.

Abortion Rarely Necessary

If miscarriage should occur, the situation is similar to that of confinement, and the attendance of a skillful obstetrician is required. The Viavi system of treat-

ment for the resulting inflammation or subinvolution of the womb is given in the chapter on Inflammation of the Womb. The Viavi system of treatment for breaking up the habit of miscarriage is the same as that for Pregnancy (which see). This is the only treatment known or ever employed for overcoming habitual miscarriage.

We have an abundance of proof that under the Viavi system of treatment no state nor condition of health outside of malformation of the pelvis demands the production of abortion to save the mother's life, as we deem "a child conceived a child born." Abortions, whether spontaneous, accidental or intentional, not only destroy the life of the embryo, but greatly lower the standard of the mother's health as well as endanger her life.

A Few Instances of Cure

Some of the most brilliant work that the Viavi system of treatment has done in its happy mission throughout the civilized world has been in the complete overcoming of habitual miscarriage. It has thus not only relieved many thousands of women from an affliction that was destroying them, but has made it possible for the strong and beautiful maternal instinct to be gratified. Only a few of these cases can be mentioned here.

One was that of a sufferer who had miscarried four times before placing herself under the Viavi system of treatment. After coming under the treatment she carried her fifth child to full term and gave birth to a well-developed, healthy infant.

Another case was that of a lady living in Utah, U. S. A., who had miscarried twice from severe ulceration and prolapsus. After using the Viavi system of treatment, she became pregnant and gave birth to a healthy, perfectly developed daughter.

One sufferer had miscarried at two months. In her next pregnancy she carried the child six and a half months and was then delivered prematurely. In four months she became pregnant again, and at two months narrowly escaped miscarriage; she could scarcely walk about the house. When four months advanced, she began the use of the Viavi system of treatment. She felt worse for a time, but gradually grew better. At nine months she gave birth to a nine-and-a-half-pound child. She had an easy delivery.

A more complicated case was that of a patron who had suffered six premature births, caused by retroversion, inflammation of the ovaries and leucorrhea. After adopting the Viavi system of treatment she gave birth to a ten-and-a-half-pound child at full term.

CHAPTER L.

STERILITY.
(BARRENNESS)

STERILITY is the technical term used to describe the condition of barrenness, or infertility. Both women and men may be sterile, but the term is here employed to denote the sterility of women. There is no difference between the meaning of the words "sterile" and "barren"; they have merely come into our language from different sources. The use of the word "barren" in the Bible has probably given rise to its current acceptance in describing the sterility of women. In Viavi literature the words "sterile" and "sterility" are employed instead of "barren" and "barrenness."

All living creatures were designed to reproduce their kind. That is the only way in which species can be perpetuated. If any living thing, whether plant or animal, is sterile, or unable to reproduce its kind, it has lost its fundamental place in the great scheme of the Creator. There are sterile men and women of noble character and the highest social usefulness, but it is denied to them to impress directly upon heredity the superior qualities that distinguish them, and thus become physical factors in the elevation of humanity. They may do much to affect favorably the present and the future of mankind by indirect means, but they cannot exercise the splendid power of a wholesome heredity. After all is said, the sterile man or woman is physically imperfect. We all know that physical perfection is the basis of the highest mental powers and moral influence. In other words, sterility is a disease, whether congenital or acquired. It is always a reproach.

More with Women than Men

It is generally admitted that in every ten cases of childless marriages, the sterility of the husband accounts for one and that of the wife for nine. This means to say that for every imperfect man there are nine imperfect women. Nature never designed that this remarkable difference should exist. We have seen in former chapters why there is so great a prevalence of disease and weakness among women, and why these conditions are comparatively so rare among men. We can now understand why sterility is so much more common among

women than men, and why there is so great a need of such a reformation as that represented by the Viavi movement.

How It Affects the Home

There are many women who for valid reasons apart from considerations of health never marry. This discussion has nothing to do with them. We are considering only married women, and those with whom marriage is probable. It is evident that marriage is one of the vital steps in the great plan of Nature for the perpetuation of our species. If men and women marry with the deliberate intention of refraining from having children, while being competent to produce healthy children, they are violating one of the most sacred laws of Nature, and will suffer in more ways than they will likely ever comprehend. There are many wives, and fewer husbands, who fear that the advent of children will serve as a weakening of the affection that led to the marriage. This is an unwholesome, unnatural and shortsighted view. There are some husbands who resent pregnancy in their wives, from any but manly motives; the wives of such men deserve the profoundest pity. There are many women who avoid maternity because it will hamper their freedom and their enjoyment of trivial pleasures; they should understand that no pleasure that life can offer is so great as maternity. There are other women who welcome a disease that renders them sterile; they should reflect that no woman can be a wife in the full sense unless she is competent for maternity. There are others who resort to the most shameful violations of natural laws to escape maternity; they should remember that every violation of a natural law is punished, and that in such violations vastly more is lost than gained.

Children are the stay and bond of the marriage relation. They give strength and stability to the home. They are the inspiration of the highest endeavor, the brightest hopes. They make man and wife partners in the truest sense, and lend to their mutual affection a tenderness, an unselfishness, a mutual interest and solicitude that are impossible in a childless marriage.

Injury to the Parents

It will probably be found upon a study of divorces that by far the greater number of them occur in cases where there are no children. If so, this will show not only that the greatest strengthener of the bond between husband and wife has been absent, but also that the natures of both, and particularly the nature of the wife, have suffered in numerous ways of which they may be unconscious, but which operate against the firmness of the conjugal bond. Marriage places a woman in a position far different from that of a single woman. In the nature of a married woman moral and mental qualities have been awakened that must lie dormant in the woman who does not marry. The awakening of these qualities is the natural preparation for maternity. It is very often observed

that the maternal instinct is exceedingly strong even in young women whose circumstances have never permitted them either to love or to marry. It must therefore be very much stronger and more general with women who have married.

The suppression of any natural and wholesome inclination, particularly one that reaches to the foundation of one's life, is bound to work an impoverishment of the character. It is the turning aside of the operation of a natural law, and we may not do that without suffering in one or more of an infinite number of ways. Aside from the injury suffered by the higher nature, is that to which the physical nature is subjected. It is designed by Nature that maternity should follow marriage. It is her expectation, her plan. The physical being of the wife is fitted for that high function. If it is denied the exercise of the function, weakness or disease may be expected.

What Observation Has Shown

Our observation has shown that while maternity, in the absence of a wise understanding of the conditions required for its perfection, gives rise to numerous diseases from which childless wives are free, there is far greater suffering among wives who have denied themselves the maternal function or lacked the strength to perform it. That is what might have been expected. It is better for a woman to be fit for maternity, and to become a mother, than to be unable to experience it, or to evade it if she is able. It is an eloquent fact that however unwise it may seem to invite children by reason of discouraging extraneous circumstances, when they do appear there is nearly always a way for giving them the attention they require. This is because it is all a part of the natural plan, and because upon the advent of children the internal resources of the parents are developed to meet wisely all the contingencies that arise.

An ailing mother has a greater incentive to be well and strong than a childless woman. As it is absurd to assume the possibility of any conflict between conjugal love and maternal affection, but as they both are parts of a natural whole, each strengthening the other, the mother's mental condition becomes a powerful influence for securing the soundness of her physical nature.

A Natural Law in Force

Throughout all animate nature we see the intense desire for each species to reproduce its kind, and the great pains and labor employed to secure that end. It remains for human beings, the crowning handiwork of the Creator's power, to exhibit inferiority in this regard. It has become the fashion in many quarters to assume that as we are so far above plants and animals, we are beyond the operation of laws governing them, or may bend them to suit our will. This is the fatal error of the age. We have, it is true, qualities and attributes immeasurably higher than those of the humbler creatures of Nature, but these are

only additions to the attributes that they enjoy, and by no means substitutes. With regard to reproduction, we are under the same iron law that governs the conduct and destiny of the humblest weed. Instead of employing our added and higher qualities to an understanding and obedience of that immutable law, the most of us pervert and degrade the usefulness of our powers, and employ them for our own destruction instead of for the securing of our greater happiness. It is incumbent upon us not only to follow with absolute strictness the law of reproduction governing the humblest of the Almighty's creatures, but in addition to understand the law and bring to its operation the high intelligence and conscience with which we have been endowed.

Definitions of Sterility

Many women, from disease, weakness or congenital imperfection, are unable to conceive. Many others conceive, but are unable to carry the child to full term. (See chapter on Miscarriages.) A woman who cannot conceive is said to be absolutely sterile, and one who has borne one or two children, and then develops an inability to conceive again, is said to be relatively sterile. During the early period of nursing (lactation) most women are sterile, though there are exceptions. Such a condition is termed temporary physiological sterility; as it is natural, it represents no harm, but an evident benefit, to the economy. After a woman has passed the change of life, her condition is called permanent physiological sterility. That also is a natural condition, established by Nature for evident wise purposes. Thus there is a great difference between sterility caused by weakness, disease or other imperfection, and that which is natural. This is the difference between disease and health.

Some Causes of Sterility

Sterility may be congenital—that is, a woman may be born with such imperfections as render her sterile. These may or may not be of a kind that affects her sexual nature. As the ovaries are the center and source of the sexual nature, if they are fully developed and perform their functions properly, the sexual nature does not suffer a serious impairment, even though conception is impossible. This impossibility may exist in such an arrangement of the ovaries and the fimbriated ends of the Fallopian tubes as to prohibit the tubes from catching up the eggs as they leave the ovaries and conveying them safely to the womb. Or there may be deformities of the tubes, womb or vagina.

If the cause of sterility is referable to disease or non-development of the ovaries, the sexual nature is imperfect, and the wife is physically unfitted for the conjugal relation. This renders it exceedingly important that the normal development of young girls should be watched and guarded with the utmost solicitude. (See chapter on Non-development.) Even in many cases where non-development had been neglected until marriage, and had thus seemingly

become a permanent condition, the use of the Viavi system of treatment has made the wife perfect for the functions of wife and mother.

Disease Produces Sterility

Often sterility is due to a general weak condition, or a chronic disease not situated in the generative organs. Most generally the cause is to be found in those organs. In the act of conception all the organs of generation are concerned—the vagina, the womb, the Fallopian tubes and ovaries. Therefore the health of them all must be perfect, or at least not so badly diseased as to prohibit conception. Diseases of the ovaries are the most frequent cause. Chronic ovaritis prevents the ripening of the ova (eggs) by interfering with their nutrition, or the ovaries may become so deeply imbedded in inflammatory deposits that the eggs are unable to push their way through in ovulation. Changes in the structure of the ovaries, such as are caused by cancer, cystic tumors and the like, generally produce sterility. The ovaries may become so fastened down by adhesions as the result of ovaritis that the eggs cannot be taken up by the Fallopian tubes.

Tubal Diseases a Cause

Inflammation of the Fallopian tubes (catarrhal salpingitis) is a frequent cause of sterility, and accounts for a large number of extra-uterine pregnancies. (See chapter on Pregnancy.) In the chapter devoted to the anatomy of the uterine organs the form, function and calibre of the tubes are described. If the diameter of the tubes is much reduced by inflammation, the egg cannot be carried forward to the womb by the hair-like processes lining the tubes. As a consequence, the impregnated eggs lodge in the tubes, causing the dreadful condition known as tubal pregnancy.

It may be here stated that it is only to the unhealthy woman that pregnancy should have any terrors. As pregnancy is a condition that may arise at any time in the married state, its dangers may be avoided by securing perfect physical soundness.

Foreign growths in the tubes will cause sterility, as will also any disease that impairs their function or structure. In a diseased condition of the tubes the discharge into their canals is likely to be acrid, thus destroying the life of the male germ before it impregnates the ovum, or destroying the life of the impregnated ovum on its way to the womb. The tubes may become sealed at the uterine ends by inflammation or curetting, thus preventing the passage of the eggs.

Diseased Womb Is a Cause

In the chapters on Pregnancy and Miscarriages the effect of the womb's condition on the child-bearing power are discussed; they throw much light upon the subject of sterility. If the womb is absent or imperfectly developed, or the cervix is abnormally long or constricted, or if there is a tumorous or cancerous condition of the womb, or subinvolution is present, there will likely be sterility.

Inflammation of the womb or its surrounding tissues is a frequent cause of sterility. (See chapter on Inflammation of the Womb for the various forms of that condition.) Accompanying the inflammatory conditions may be secretions destructive to the male germ.

We have found in our experience that the most frequent cause of sterility is an unhealthy condition of the endometrium, or lining membrane of the womb; this prevents the secure lodgment of the fecundated egg. (See chapter on Pregnancy.) Further, if the lining is diseased, its placenta-forming power is weakened, so that death of the impregnated ovum may occur from that cause, even though it has found lodgment in the lining.

Flexures of the womb (see chapter on Displacements of the Womb) give rise to a diseased condition of the lining membrane that renders successful pregnancy impossible. Curettements and dilatations are worse than useless in the treatment of such cases.

A diseased condition of the vagina may cause sterility by giving rise to a destructive secretion fatal to the life of the male germ.

The Treatment for Sterility

In every civilized country the Viavi system of treatment has brought the child-bearing capacity to thousands of women who had yearned hopelessly for children and who had been unable to find relief at the hands of the most skillful attendants. In accomplishing that result it has made women all that they should be—wives in every sense and true companions and partners of their husbands. Many women who had accepted a dictum that they were incurably sterile have been surprised and gratified to see that maternity was possible with them. No woman should take it for granted that she is incurably sterile. In view of the remarkable achievements of the Viavi system of treatment in this direction, hope is extended to all whom the surgeon's knife has not utterly deprived of the most valuable attribute of womanhood. A woman's inability to bear children proclaims her an imperfect woman, and hence constitutes a reproach and becomes a source of humiliation and embarrassment. Under the Viavi system of treatment the vital forces are renewed and strengthened, displacements overcome, inflammation reduced, ovarian disorders eradicated, adhesions absorbed, leucorrheal discharges removed, impoverished and impure blood made rich and pure, the circulation firmly established, the nerves fed, and all the other causes of sterility traceable to disease or weakness overcome in ninety-nine out of every hundred cases.

A Few Cases of Recovery

So many cases of women cured of sterility by the Viavi system of treatment might be cited that it is difficult to make a selection. It is believed that the following will serve as types:

A lady in the State of Oregon, U. S. A., had been married six years,

and although very anxious to become a mother had never conceived. She believed herself to be sterile, but after the use of the Viavi system of treatment to right a displacement and cure a leucorrheal discharge, she conceived, and at term gave birth to a ten-and-three-quarter-pound daughter, being in labor but one hour.

Another case was that of the wife of a gentleman living in San Francisco, U. S. A., who called at our office to inquire about the Viavi system of treatment and its efficacy in overcoming sterility. He stated that he had been married five years, that seemingly his wife was in perfect health, but that the best of physicians in the city had pronounced her hopelessly sterile. A very careful examination revealed no apparent cause for sterility, but she came under the Viavi system of treatment. Then she conceived, carried the child to full term, and was delivered easily, with no complications whatever, although about thirty-two years of age and of extremely slight build.

Another case was that of Mrs. M., who had suffered with painful menstruation and leucorrhea since thirteen years of age. After marrying she suffered several severe attacks of peritonitis, and her condition was such that she also was pronounced hopelessly sterile. After coming under the Viavi system of treatment an ovarian abscess broke and discharged through the bowels. After this her recovery was rapid. She not only conceived, but in time gave birth to a well-developed son.

We recall a case where parents had been married and childless eighteen years. The wife, after employing the Viavi system of treatment, gave birth to a child that was healthy and strong.

CHAPTER LI.

A WOMAN'S REST PERIOD.

IN the chapter on Activity, Rest and Sleep we showed that rest is an essential step in natural processes, in order that recuperative forces may have an opportunity to restore the energy consumed in activity. A beautiful illustration of this is seen in the immunity of a perfectly healthy married woman to conception for a certain period every month. The operation of this law is seen in the lives of all living things. We can readily understand why this must be so. The exercise of the reproductive function requires an enormous expenditure of force. If plants and animals possessed the power at all times to reproduce their kind, reproduction would be so enormously rapid as soon to overrun the earth. If the ability to exercise this power were uninterrupted, living things would exist for no purpose other than that of reproducing their kind. We have learned that reproduction is only one of the purposes of all living creatures, though a very important one; and that unless they are perfect for that duty, they are perfect for none. The same law applies in full force to human beings.

Illustrations from Nature

In a wild state, plants in the temperate zone generally have but one time in a year when they can reproduce their kind. It is so generally with birds, fishes and mammals. It is so with the most primitive savage human tribes as well, as we have seen in the chapter on Pregnancy. Departures from the operation of this law are seen in domesticated plants and animals, and the reason is that they have departed from the primitive natural conditions of their being. In this sense civilization is a sort of domestication; that is, we find that civilized people, not being wild animals nor savages, are not governed by the law fixing certain seasons of the year as the proper time for reproduction. Nevertheless, so extremely jealous is Nature of the perfect integrity of the reproductive function that in the case of civilized races she has merely modified the law governing it. This she has done by bringing the rest period once a month, instead of once a year. She has not made the terrible mistake of making the reproductive function continuous, uninterrupted, in civilized women. Instead, however, of leaving the operation of the law to instinct, as she does in the

lower animals, she requires the intelligence of civilized women to know what the rest period is, what its purposes are, when it occurs, and what are the conditions necessary for its perfect usefulness.

Its Nature and Purposes

The period of rest is that time occurring between the menstrual periods when conception in a perfectly healthy married woman is impossible. It has been shown elsewhere that menstruation and ovulation (the extrusion of an egg by an ovary) are independent of each other. Hence we may assume that impregnation may occur at any time, but that unless the conditions are right for the development of the impregnated ovum (egg), pregnancy will not ensue. In the chapter on Menstruation we learned that this function is due largely to certain conditions arising monthly in the womb, and in the chapter on Pregnancy we saw the intimate relations existing between menstruation and pregnancy. It seems reasonable, therefore, to assume (though the subject is involved in great obscurity, and hardly more than speculation may be indulged) that the descent of an impregnated ovum to the womb must occur at a time when the uterine condition existing for a few days after menstruation is favorable to the retention, sustenance and development of the ovum, if pregnancy is to result. If not, the egg, whether impregnated or not, passes away.

The seemingly evident purpose of the rest period is to enable married women to determine whether or not it would be wise for them to invite maternity by abstaining from the conjugal act until the period of rest arrives.

The Experiences of Women

Women will be found who will positively declare that there is no such thing as the rest period, but their statements are not reliable, such women never having been in a perfect physical condition. Many will be found, however, who will as positively affirm that the rest period does exist, and they know to a day when the maternity period is suspended and the rest period begins. The writer has questioned thousands and thousands of women on this subject for many years, and the majority affirm that the rest period exists and that it has even been taken advantage of by their mothers and grandmothers. In the healthy woman this period arrives with as great regularity at a certain time of her individual month as does her individual menstrual period. The regularity of her period is her protection, as in just so many days thereafter will her period of rest follow and continue until its appearance and cessation.

Why Conception Is Impossible

Menstruation is governed largely by the nervous system, as has been previously shown, as are the other vital functions; hence the necessity of placing the whole system in a perfect condition, so that the regularity of the menstrual period,

the maternity period and the rest period may be assured in every woman's case. During the maternity period the lining membrane of the womb is receptive. During the rest period, by reason of the preparation that is going on by which the membrane will be cast off at the menstrual period, conception will not occur.

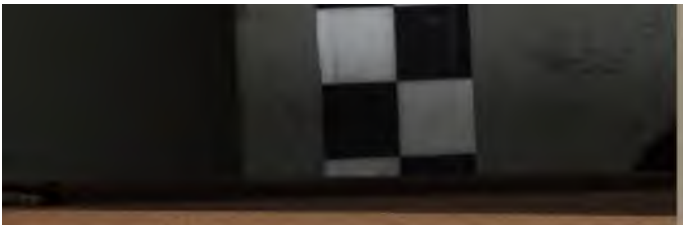
In delicate women frequent childbirth is greatly dreaded, as they in no-wise regain their strength before forced to undergo a severe drain upon the system again and again. Women so placed are greatly to be pitied. Invited maternity every four or five years would add much to their happiness without endangering their life or health. So great is an unhealthy woman's dread of accidental or enforced maternity that we have heard large numbers of them declare that they were never perfectly happy except when menstruating, living in dread from one period to another.

Maternity May Be Ill-Advised

The highest duty of a married woman is to be fit at all times for maternity. If she is not, she cannot be a perfect wife or mother. Many reasons may exist for making maternity little less than a crime. It may be so if either of the parents is a drunkard, or insane, or a habitual criminal, or if either is scrofulous or syphilitic, or if either comes from a line in which consumption or cancer has appeared from generation to generation, or if disease or weakness of the mother's generative nature would render pregnancy dangerous to her and a probable cause of serious infirmities in the child, or if the mother has any hindering malformation of the pelvic bones or generative organs, or if former experiences have shown beyond doubt that it will be impossible to carry the child to term. Nature has imposed upon the intelligence and conscience of parents, particularly the mother, the duty of knowing when these conditions exist, and has informed them through their observing and reasoning faculties that if they ignore these conditions and invite maternity in spite of them, they will be violating one of her most sacred and essential laws, and will be visited, without fail, with the severest punishment.

If a Wife Is Unhealthy

The regular and orderly occurrence of natural events depends upon perfect health. We have seen elsewhere how true this is in menstruation and the other functions of the generative system. It is true in every other function of the body. The chapter on Regular Habits throws much light upon this subject. Just as an unhealthy woman may be troubled with irregularity of the menses, so may she expect irregularity in the appearance and duration of the rest period. If the rest period does not appear and continue as Nature intended that it should, the whole economy of the woman will suffer, and, worst of all, pregnancy may occur at any time. Many women are never certain that they are free



from that condition, and experience mental peace only during the menstrual flow. We have shown elsewhere, however, that even this indication of freedom from pregnancy may be illusory, especially with women who are not perfectly healthy. Fear of impregnation generally leads such women to employ unnatural, and therefore injurious, means for preventing pregnancy.

If the Wife Is Healthy

No such dread will poison the life of a perfectly healthy wife who knows what the rest period is and what its purposes are. In the first place, if she is a perfect woman she will more than likely desire to bear children, and hence will be haunted by no fears of pregnancy. It is the unsound woman who is vitally interested in this subject, and often for excellent reasons.

In the perfectly healthy woman the rest period arrives generally about the twelfth day after the cessation of a menstrual period, though in some cases it does not arrive until the twelfth to sixteenth day after the cessation of the flow. This will continue until the next menstruation. Hence the rest period extends over ten to twelve days every month. In a healthy woman it occurs with the perfect regularity of menstruation. If she desires children she will therefore know that the marital act performed before the twelfth, fourteenth and sixteenth day after menstruation is the only time in which it can render her pregnant. It does not necessarily follow, however, that pregnancy will result, even though all the conditions may seem favorable. There must be other conditions, though invisible. For instance, there must be a proper coincidence between the time of impregnation and the arrival of the impregnated ovum in the womb. It has often happened that perfectly sound women, married to virile husbands, did not become pregnant for years after marriage, seemingly because the proper conjunction of essential conditions had not occurred.

Effects of Viavi Treatment

As we have learned in preceding chapters the remarkable effectiveness of the Viavi system of treatment in placing the generative nature of a woman in perfect condition, it is easy to understand why health secured by its use assures the regular and natural appearance and duration of the rest period, and thus places it in the power of healthy wives to limit the number of their offspring for proper reasons, and women who are not fit for maternity to avoid it by natural means. Regularity and health of function are secured by the treatment. This applies to all the functions of the generative nature, including the period of rest.

Even with parents who are perfectly sound and yet who fail to have children by reason of a lack of coincidence of all the conditions essential to pregnancy, the treatment overcomes the slight but fatal barrier to the enjoyment of the highest of life's blessings, and brings the light and gladness of childhood into the home.

CHAPTER LII.

LACERATION.

BY a cervical laceration is meant a tearing of the os or mouth of the neck of the womb. The orifice of the womb, the same as all other orifices of the body, is a wonderful anatomical arrangement. It is surrounded by muscular rings or bands which are capable, when healthy, of enormous distension. The mouth of the womb is bountifully supplied with the most delicate nerve filaments, which are largely under the control of the ovarian nerves; hence the many painful and reflex symptoms felt in the ovarian region from cervical laceration.

Examination With the Finger

The mouth of the womb is so small that to the finger it feels like a dent. It is abnormally large when the end of the little finger can be inserted. If the os (mouth) feels elongated or like a slit to the examining touch, a laceration exists. Compare an opening that would admit a small pea with one that would accommodate an infant's head, and a very good idea can be obtained of the enormous expansion that must occur to allow the passage of the child through the mouth of the womb at parturition. It is opened from within outward by the gradual downward pressure of the bag of waters, which precedes the presenting of the child's head. When the womb is diseased it is either hard, rigid and unyielding, thus tearing or lacerating at childbirth instead of expanding, or it is soft and easily torn from the lack of normal elasticity. In the healthy womb the muscular rings or bands are elastic, and this condition is its only protection against laceration or injury at childbirth.

Why No Tendency To Heal

In laceration, part of the womb is not torn away, but the rent is similar to a tear made by the tearing of the mouth backward into the muscles of the cheek. The raw surfaces do not remain together, but roll away from each other as the ends of a split stalk of celery turn outward; hence there is no tendency to spontaneous cure. As the womb is greatly enlarged at pregnancy, the raw surfaces of lacerations are sometimes very extensive; hence the discharges (lochia) immediately following delivery, and leucorrhea at other times, irri-

tate the exposed surfaces. After the lapse of a few days these discharges decompose, becoming more or less offensive; hence the liability to blood-poisoning, the much dreaded childbed fever that so often proves fatal to the lying-in woman. The irritation from the laceration causes and keeps up inflammation; hence the womb remains large. This is known as subinvolution. Following delivery, the very substance of the womb itself undergoes great changes, under healthy circumstances, and through these changes the womb is restored or reduced to its natural unimpregnated size and condition. In other words, it involves or reduces properly.

Where lacerations occur these changes are interrupted, often never occurring. Such women date their invalidism from childbirth. The delicate membrane lining the neck of the womb in health is so protected that it is never irritated by friction, but when lacerations exist this membrane is exposed to the irritating secretions of the vagina, as well as brought in contact with the vaginal walls, which is a very pronounced source of irritation.

How Scar Tissue Is Formed

Nature's efforts to heal the rent cause the formation of much scar tissue. A large part of this tissue forms in the angle of the rent, in the form of a hard plug. Immediately beneath and around the scarified tissue, the parts become exceedingly tender and exquisitely painful, from the contracting or pinching of the numerous injured nerve filaments between and within the hardened muscular fibers. In extensive lacerations a great amount of scar tissue forms, so much so at times that it partially or completely surrounds the os, forming a complete or partial stricture, and the womb remains enlarged and hard, or indurated.

A lacerated womb, from enlargement, is easily displaced, and so follows a train of ills, among them menstrual anomalies, ovarian, rectal and bladder diseases, leucorrhea, headaches, nervousness, cancer of the cervix from irritation, etc.

Process of Cure Described

When a woman places herself under the Viavi system of treatment for laceration the womb is perhaps four times its natural size from inflammation, and the tear one inch in length. So long as the womb remains this size, just so long will the laceration remain one inch in length. By the use of the Viavi system of treatment the inflammation is gradually reduced; as a consequence the womb becomes smaller and smaller, and so must the laceration. Before the enlarged cervix has been reduced to something like its normal size, the hard, cicatrical tissue must have become absorbed, and the tear is proportionately reduced in size. The tear was one inch long at the beginning; the womb four times its natural size. It is now reduced to one-quarter of its enlarged size; hence the tear has been reduced to about one-quarter of an inch in length,

breadth and depth. The circulation of the blood in the parts has become normal, and healthy granulations now form and fill out the small remaining rent, just as Nature heals external injuries of the muscular tissues of the body where the Viavi system of treatment has been used for injuries. (See chapter on Wounds, etc.) The rent heals up by a natural process, and the cure is so complete and perfect that many times inspection reveals no trace of the laceration.

An Illustration of the Cure

A patron placed herself under the Viavi system of treatment for an extensive laceration, the examining physician having stated that it would take about six stitches to repair the rent. This woman, wishing the best medical treatment, visited her sister in New York City for the purpose of having the laceration repaired while there. The sister, knowing the virtues of the Viavi system of treatment for laceration, having been cured herself by its use, insisted that the sister also come under the treatment, which she did. She remained about a year and a half. When she returned to her home she visited her old physician and asked him to make an examination. He did so and could find no trace whatever of the laceration, stating that it was one of the best operations for laceration that he had ever seen. Inspection here did not reveal the slightest trace of even a scar, so perfectly was the rent filled in and healed.

How Cancers are Caused

There is no part of the body that, from a comparatively slight injury, can give rise to so much suffering or lead to such fatal results as a cervical laceration, a slight laceration often causing as serious complications as an extensive one. As previously stated, a lacerated womb is responsible for many painful and reflex symptoms over the entire body, but one of the most serious results of this injury is the increased susceptibility to cervical cancer, which is caused from the continued irritation of the scarified, hardened cervix from friction. In previous chapters it has been explained at length that the womb is not a stationary organ, but that it is moved constantly by the function of other organs of the body, and largely by respiration and locomotion. The aggravation or the irritation is much the same as that of the stem of a pipe, which is often the cause of cancer of the lip. The continued irritation of any mucous surface by friction is the most frequent cause of cancer. Tumors are caused by a stagnation of the blood, cervical cancers, as a rule, by an inflamed surface subjected to continued friction and irritation.

Only a small percentage of cancer patients are found among unmarried women, and only a small percentage in married women who have not borne children; hence the conclusion that injury followed by friction is the most frequent cause of cervical cancer. Additional danger lies in the constant irritation to which the sensitive surfaces of the laceration are subjected in coition

and locomotion, besides the other normal movements which have been above referred to.

Danger in Change of Life

A lacerated cervix may give but little trouble for many years, or until a woman enters or nears the change of life, when a great rearranging of the system occurs for the giving up of the menstrual function and the termination of the genital life. Then many alarming and distressing symptoms will arise one after another, until the whole body becomes implicated. Upon examination a cancerous condition is discovered, which has developed in the location of a trifling laceration to which no thought nor attention had been given for perhaps twenty or thirty years.

We recall the case of one patron who had married very early in life and given birth to but one child, suffering a small laceration at delivery. The laceration was so small that no attention had been given it. The woman knew that the womb had been somewhat enlarged, sensitive and displaced during this term of years, but supposed that at the approach of the change of life the womb would naturally shrink and the laceration give no trouble. Like many other women she found that she did not pass through this doorway, the change of life, as easily as she had been led to suppose by her medical advisers. When she placed herself under the Viavi system of treatment her condition was quite critical, and she was obliged to remain under the treatment over two years; but a perfect recovery was made; the laceration healed perfectly, and she was enabled to pass through the change of life with safety and ease.

The specific action of Viavi upon any and every part of the body is to assist Nature to reduce inflammation. If the tissues have been bruised, torn or cut, it gives to them the material with which they rapidly bebuild. (See chapter on Wounds, etc.)

Reflex Conditions Arising

The reflex symptoms from laceration are so numerous that the cause is too frequently overlooked. The injury never permits the womb to regain its normal size; hence it presses upon surrounding parts, injuring the bladder and rectum, and affecting the nerves, tissues and blood vessels in its vicinity. If the rectum is encroached upon largely, there will result hemorrhoids or piles, which will drive a woman to seek relief from this one trouble, the cause being entirely overlooked. Or the pressure upon the nerves will cause intense headaches and backaches, and the sufferer will resort to plasters for the back and remedies to relieve the headaches. If the enlarged organ rests upon the bladder, she seeks relief for kidney troubles. And so the various reflex symptoms are treated for years, while the cause remains overlooked and neglected until a malignant condition (cancer) is developed, which places the sufferer beyond all hopes of a cure.

The Evidences of Success

This clinical claim of curing cervical laceration by means of the Viavi system of treatment, a non-surgical treatment, is one of the most important that comes within its curative range. Here, as elsewhere, time alone settles the question of the usefulness of any therapeutic agent or procedure. That thousands of women to-day in all parts of the world are using the Viavi system of treatment for cervical laceration because thousands and thousands have been cured in a like manner, is sufficient evidence of its virtue. Women suffering from laceration have used the treatment to reduce the existing inflammation and overcome the displacement, and to put off the much dreaded operation as long as possible. They could not be made to believe that the Viavi system of treatment would cure laceration. When they at last were sufficiently strong to undergo the operation, they learned that no laceration existed—that it had been cured by non-surgical means, the Viavi system of treatment.

This is illustrated plainly in the case of Mrs. G., who was badly lacerated at the birth of her first child. Extensive ulceration followed, with an exaggerated degree of displacement. The ulceration was so extensive that an operation could not be performed until this difficulty was partially overcome. Dreading the operation and hearing of the Viavi system of treatment, the woman placed herself under it. In a few months she again called upon her family physician, who stated that no ulceration existed, that the laceration was healing up, and that the operation would not now be necessary. She continued the treatment until cured.

The contents of the Viavi capsules are held around and about the neck of the womb in the cul-de-sacs, completely protecting the raw surfaces from the excoriating discharges. Their nature is such that they also allay the irritation from friction.

Harm Arising From Surgery

In the healthy, sexual instinct invites sexual commerce for one purpose, the perpetuation of the human race; hence the necessity of a normal condition of the entire generative tract. Surgical operations for cervical lacerations irreparably impair this most important human function by cutting away parts of the womb. By so doing, as previously stated, the size of its neck is greatly lessened, while the muscular bands encircling the os, or mouth, are very largely impaired, and sometimes their elasticity entirely destroyed.

In our extensive experience we have yet to encounter the first woman who has escaped extensive laceration in pregnancies following the surgical treatment. It could not be otherwise. In the first place, the womb was torn because the os was too small to permit the child to pass through it. It was rigid and unyielding, or soft and easily torn. Where surgery is employed, nothing is done to bring the abnormal tissues to a normal condition, but a part

of the unhealthy organ is pared away and the raw edges drawn up together. Sometimes they heal and sometimes they do not. When the stitches tear out, the laceration is greater than before, more of the mucous membrane lining the cervix is exposed to the acrid secretions of the vagina, and more extensive raw surfaces exposed to friction. If the pared edges do unite, the neck is much smaller than before, and also more rigid. It is very simple and plain fact to understand that if the womb was rigid and small in the first place, it will surely be much smaller and more rigid after parts of it have been cut away and the edges have been drawn together and united. A shrinking and contracting scar often remains after this operation. The equilibrium, or perfect balance, of the womb is also impaired. Parts of this perfectly balanced organ cannot be pared away and it still retain its equilbrium. It has been too finely adjusted by Nature in the beginning to admit of any trimming or paring away.

Curative Process in Injuries

The process by which the Viavi system of treatment assists Nature to cure a lacerated cervix is exactly the same as in the case of an external injury. There is no reason why in this particular location it should be otherwise, as the neck of the womb will as actively repair itself if given the chance as any other part of the body. It will also become healthy, elastic and easily expansive under the Viavi system of treatment, when the treatment is employed during pregnancy, so that a woman's life is not placed in jeopardy during her lying-in period.

The case of Mrs. L., who had suffered from extensive laceration for twelve years, shows the efficacy of the treatment in not only healing lacerations but also in preventing subsequent lacerations. The laceration in this case was caused by the instrumental delivery of twins. The woman's condition was so serious when she commenced the Viavi system of treatment that she could scarcely cross the room unassisted. A perfect recovery was made, and the patron has since given birth to two children without again suffering from laceration, which always results, as above stated, where the edges of the laceration have been trimmed and stitched together.

No Other Means Accessible

There is nothing outside of the Viavi system of treatment that a woman can employ during pregnancy that will render the parts healthy and elastic, thus preventing lacerations; likewise there is nothing else that a woman can use to cure lacerations. Our advice is always that it is better to prevent than to cure; consequently it is better for women who are situated so that at any time they are liable to pregnancy to place the generative organs in as perfectly healthy a condition as possible. The time is now past when women are willing to

be left to take desperate chances unassisted. If the treatment is employed during pregnancy, laceration is not likely to occur. (See chapter on Pregnancy.) If the treatment is employed after laceration has occurred, it assists Nature to repair the injury in a natural way.

Aside from the Viavi system of treatment, operations are always advised for laceration. Women who have been so advised and who have been cured by this treatment often wish to know from former advisers their opinion of the progress made. They submit to examination, and the diagnosis of those who have advised an operation previously is that a perfect cure has resulted. When the Viavi system of treatment has been used sufficiently long to enable Nature to reduce the existing inflammation and overcome the displacement that accompanies laceration, it will have been used long enough to show that an operation will not be necessary to cure the laceration.

If Laceration Is External

Where external lacerations are not extensive, the tissues are rendered firm and elastic by the treatment, so that little or no inconvenience results. In external laceration the parts should be daily massaged with the Viavi cerate. (See Perineal Massage.)

A cold sitz bath (see Cold Sitz Bath) should also be used twice a week, and the treatment given for inflammation of the womb should be followed.

The Treatment for Laceration

The Viavi system of treatment for cervical laceration is identically the same as that given for inflammation of the womb, as inflammation always exists. This treatment should be combined with that given for whatever form of displacement exists—anteversion, retroversion or prolapsus.

Every night, when not menstruating, a capsule is placed in the vagina against the neck of the womb. From the heat of the parts it is dissolved, and becomes an oily substance, which is held about the enlarged cervix in the cul-de-sacs. It acts as a non-irritant, not only protecting the exquisitely sensitive parts from the acrid vaginal secretions, but assists Nature to reduce the inflammation. The hard scar tissue is gradually softened and absorbed, while the tissues make use of the treatment in this vicinity to rebuild the injured parts. The cerate at the same time is being absorbed by the external absorbent vessels in the region of the spine and abdomen. The external absorbent vessels give this nerve food to the blood, which carries it to the nerve centers that control the supply of blood to these organs. As a result it assists Nature to establish a normal circulation, and new blood filled with nourishing food is brought here. As the abdominal walls become elastic and strong from the use of cerate, just so in proportion is the displacement of

the womb and the whole abdominal viscera (which are implicated always more or less) overcome. The liquid is taken in hot water into the stomach three times daily in from five to ten drop doses, twenty minutes before meals.

We again call attention to the passing of the trunks of the uterine and ovarian nerves into the spinal column, and to the fact that the cerate applied over the spine in a thorough way has its beneficial influence upon the terminal nerve filaments situated within the injured cervix.

Intercourse must be abstained from, or be very moderate indeed. We would also advise that pregnancy be not invited until the rent has entirely or partially healed.

Rest in a recumbent position for one hour in the afternoon is also advised.

The patron should employ the bath best suited to her surroundings, so that a good circulation of the blood may be established. (See Baths.)

If the rectum is implicated the Viavi rectal suppositories also are advised. The Viavi royal should always be used where the patron is under the Viavi system of treatment for a lacerated cervix. If the bowels are constipated the laxative is indicated.

The time to cure a laceration will depend entirely upon the patron's recuperative condition when she comes under the treatment, the extent of the laceration, the inflammation and the displacement, and the thoroughness with which the treatment is followed up. When the patron's progress seemingly comes to a standstill, the double-strength capsules should be used.

CHAPTER LIII.

THE CHANGE OF LIFE.

IN preceding chapters we have explained fully certain natural changes that take place in a woman's organism, among them puberty, ovulation, menstruation, etc. Now we have arrived at the last and one of the most important of these changes; it is known as the menopause, or the change of life.

When a girl arrives at the age of puberty her whole body undergoes a complete change. The generative organs rapidly develop, as do also the breasts, which are but accessories of the ovaries and womb. She has now arrived at a stage of functional activity where the body manufactures not only a sufficient quantity of nutriment for its own subsistence, but a surplus quantity, which at any time may become necessary for the functions of gestation and lactation during her genital life.

When the organism is not performing these two functions (gestation and lactation) it maintains its healthy equilibrium by purging itself of this surplus supply of nutriment in the form of a bloody discharge at stated intervals; this is known as menstruation, which is really a vascular purification of the body. (See chapter on Menstruation.)

A Reversal of Puberty

The change of life indicates a period that is just the opposite of puberty. It means that the child-bearing period has passed and that this surplus blood supply will not henceforth be manufactured. The woman, hitherto fruitful, henceforth will manufacture no surplus supply of nutriment, but only a quantity sufficient for her own needs. Just as great a readjusting of her body now occurs in giving up the menstrual function as there occurred at puberty in acquiring it. The ovaries cease their functional activity; they shrivel, becoming smaller and smaller from inactivity. The monthly influence of the nervous system upon the generative tract is suspended; there is no monthly congestion, and the womb becomes smaller and smaller until in time it resembles the uterus of infancy. The calibre of the vagina becomes lessened and its length shortened. The external genitals lose their fulness and shrivel, becoming flabby. The breasts may remain large and full, but their firmness gradually disappears.

Carefully note how each change is just the opposite of those occurring at puberty.

The Change Should Be Normal

The change of life is a normal function and not a disease that attacks woman and threatens her life. Just as menstruation is looked upon as a sickness by unhealthy women unacquainted with the normal, painless function, just so also is the change of life regarded by those who have not had a speaking acquaintance with perfect health for some time before arriving at this station in life, which should be passed without undue nervous excitement, without one particle of friction or pain.

The numerous painful, disfiguring and fatal diseases that develop at the menopause do not commence at this time. They have been long lurking in the body, and now from the great change within the organism they, too, have changed form, and we see developing the hot flashes, tumors in various parts of the body, hemorrhages, cancer, rheumatoid arthritis, gout, pruritus, etc., with which so many women are familiar. In the chapter on Menstruation we explained that through the medium of the menstrual discharge a purifying of the organism occurs, and that if this function is abnormal a purification does not occur, and that in consequence certain constituents are held within the body that will develop into disease in the future. Disease depending upon retained menstrual impurities varies greatly in intensity and in the length of time it takes to develop.

A woman with the menstrual function firmly established regularly and normally in every way carries within her organism the greatest health-preserver and life-promoter that can be secured, the normal function throwing away diseased products and acting as a safety valve to the system. Such women are healthier than men—a fact proved by their longer lives. The menses are an outlet during the genital life for diseased products. The function may be partially or completely performed. If only partially performed, at the approach of the change of life symptoms begin to appear which show that the system is overburdened with body waste, the proper name for disease that now develops.

Beginning of the Trouble

We gather from the health stories of women seeking medical advice at the change of life that the cause of their troubles at this time dates far back in their lives, or perhaps in the lives of their parents. As we many times have repeated, we cannot break the laws of Nature without paying the penalty sooner or later. If vengeance is not wreaked directly upon the offender it will be upon the generations to come; many a woman is called upon to suffer at the change of life for the indiscretions of the mother. There are more sufferers, however, who owe their condition to their own irrational conduct.

We frequently encounter women who, having suffered from leucorrhea the better part of their lives, claim that when the menses ceased at the menopause so did the leucorrhea—in other words, that they were cured. But not so, for these same women come seeking relief for other abnormal conditions, knotty fingers (rheumatoid arthritis), for instance, the disease having changed from the leucorrheal form to this.

Preparation for the Change

The change of life does not come suddenly upon a woman. The organism prepares for its appearance gradually, and if not hampered by body waste (disease) a woman is not aware of the change going on within until the menses cease. They simply leave off. The unhealthy woman is not so fortunate. When this change commences within the organism and the great readjusting begins by which the menses are given up, the waste with which the body is loaded commences to change as well, and we find disease and distressing symptoms beginning to develop. These are so-called characteristics of the change of life, but it would be much better to say charactertistics of an abnormal change, as the normal change is free from pain, suffering or abnormal conditions of any kind.

A Consequence of Laceration

For instance, observe the woman who has suffered with a lacerated cervix for years. The womb, in consequence, has never gone back to its normal size since the injury: in other words, it did not properly involve from its great size and weight; it has also become chronically displaced, and menstruation, in consequence, has never been normal, although it may have been painless. Let us sum up all of these abnormal conditions and then ask how this last great function, which involves the whole body, is going to be performed. Such miracles do not occur. It would be just as reasonable for a totally blind man to expect his vision to be restored when he reached a certain age, restored just because he calculated on regaining his eyesight at that time. Our clinical records show that ninety per cent of cervical cancer cases develop from cervical laceration at the approach of the menopause.

Diseases Developed by Treatment

In the cases of women who have repeatedly submitted to cauterization for an ulcerated cervix, and in those who have suppressed leucorrhea by astringent washes, may we especially look for stormy demonstrations at the menopause. These conditions, instead of being suppressed, should have been regarded as local expressions of a diseased condition within, which acted as a safety valve or outlet for the time being. The treatment should have been systemic, as it is under the Viavi system of treatment; then no sequelæ would have appeared at the menopause. We all know full well that the test of all doctrinal medi-

cine must be clinical; along this line has the Viavi system of treatment successfully stood the test for years. It removes and systemically overcomes an existing abnormal condition instead of suppressing it and thus forcing the waste back upon the system, with the inevitable result that it will appear in another form at some future time, and so be given another name. A suppression of a leucorrheal discharge and the development of another disease are generally assumed to have no connection whatever, but in reality it is the suppression of the one that causes the development of the other.

Again, we notice the behavior of the menopause when occurring in a woman who has bled profusely at her periods. She is utterly exhausted when it arrives. It now becomes a hemorrhage. It has got started, and it cannot be controlled by the ordinary methods of treating. The tone of the womb is gone, the vitality of the nerves which govern the generative organs is exhausted, the blood vessels remain relaxed and overdistended, the very substance of the womb is in so abnormal a condition that it becomes impossible for it to grow a healthy lining membrane; so this woman's life goes out when she has but half lived it out and her usefulness to her family and the world should be at its height.

A Very Injurious Misconception

It is a prevalent and most hurtful belief among women suffering with various afflictions of their sex, and with increased miseries as the result when they enter upon the change, that the climatic will relieve them of all their troubles. From suffering in the change they acquire the belief that the change itself is a disease. Thus their minds are clouded to the great truths, first, that the change only intensifies, develops, transforms and renders dangerous any unhealthy condition of their generative system that may be present when the change arrives, and, second, that the only way to assure a safe and comfortable passage through the change is to secure perfect health before it arrives. From not appreciating nor even knowing the existence of these grand truths, women neglect unhealthy conditions existing prior to the change, and depend upon the change to rid them of all their troubles. Such a belief is contrary not only to all reason, but to the experience of every intelligent observer. Let every woman understand that the change of life is not an open doorway through which she may escape from the ills that burden her life, but a gateway from one form of suffering to another that is far more painful and dangerous. The healthy woman passes through the doorway so easily into the free and useful life beyond that she never fully realizes the fact until the threshold has been crossed. The unhealthy woman endures her sufferings in the change with martyrlike resignation, pitifully hoping, waiting and longing in her ignorance for the peace that never comes. She would not do this were she better informed. The Viavi movement informs her why it is all unnecessary and

how the greatly desired relief may be secured. And it is all so simple as to impose no hardships, and so rational as to appeal to every mind.

Health Essential to the Change

The imperfect menstrual period bales out, so to speak, from the body a part of the bodily waste, but not all. It has gradually accumulated for years, weakening every part; hence when the baling-out process (the menses) ceases or attempts to do so, the nerves, tissues and organs all give evidence by painful symptoms and loss of function that they are overburdened, and a complication of both unpleasant and painful conditions arise.

It is necessary that a woman be vigorous when she approaches the change, and not to be in a generally fagged condition from menstrual anomalies, nervous collapse, uterine and ovarian troubles, etc. The contents of this volume show in a simple, practical manner how health can be maintained, and how it may be regained if lost. Upon those who have not entered the change of life we would urge that if an abnormal condition exists the Viavi system of treatment be employed intelligently to bring the body back to a state of health in the shortest time possible. Upon those who have entered this period, their bodies hampered with waste (disease), we would urge that they too employ the full Viavi system of treatment to bring about a healthy reaction of the whole body without loss of time. Every organ of the body should be assisted with this great nerve and tissue food, Viavi, to regain its healthy functional activity. This is the only rational method of assisting the system to unload itself of waste—that is, by strengthening the organs of excretion, which are the blood purifiers of the body.

Treatment at the Change

It is impossible to lay down a certain routine line of treatment for climacteric women—that is, aside from the use of the Viavi capsules and cerate. They are always to be used, as it is mainly upon their faithful use that restoration to health depends. As Viavi is taken into the body, just so in proportion will waste of disease be driven out. Nutriment and waste cannot occupy the same space at the same time, and our vast clinical experience has demonstrated to us thousands of times that the system prefers nutriment to waste if given the opportunity to absorb it. This opportunity is amply given under the Viavi system of treatment, as millions and millions of absorbents are offered this food in various parts of the body. At first some absorbents are unable to make use of it, but they are assisted and strengthened in an indirect way by those that can, until in time they too drink it in, and the whole body responds to the treatment and sings out its glad song of health, happiness and contentment. The Viavi capsules and cerate first and always are the main reliance, as they constitute the backbone of the Viavi treatment for women; then the Viavi

rectal suppositories if the rectum is implicated, the Viavi tablettes for the liver, the Viavi liquid for the stomach and for catarrhal conditions, the Viavi laxative for the bowels, the Viavi royal to restore the strength, etc. Due attention should be given to the habits, with special regard to rest, sleep and exercise.

Cases Illustrating the Cure

A few cases will be given to illustrate the different symptoms that develop in the unhealthy climacteric woman. Mrs. S. at the age of fifty became aware that she had entered the changing period by parting with quantities of blood. For a period of five years she suffered intensely in all parts of her body, no one part being exempt from pain for any length of time. She flowed almost continuously, clots passing as large as an ordinary sized cocoanut. The abdomen was greatly enlarged, and her condition was diagnosed as pelvic tumor. After adopting the use of the Viavi system of treatment the abdomen regained its normal size, all indications of a tumor disappeared, and she became sound and well, and remained so.

In striking contrast stands out the case of Mrs. D., who, at the age of forty-five, suddenly ceased menstruating. Immediately following there developed a burning, throbbing pain in the abdomen, which became intensely painful, especially at night. In time a very painful lump the size of a hen's egg formed in the region of the right ovary, and cancer was feared. Dreading the knife, this patron did not seek medical advice. Her attention was called to the Viavi system of treatment, and when it was explained to her that her trouble was caused by retained secretions which were harmful to her system and that through the medium of Viavi a reaction could be brought about by which these secretions could be eliminated, it appealed to her common sense, and at the age of sixty-nine she came under the Viavi system of treatment after having suffered for twenty-four years. After using the Viavi treatment for a time she menstruated quite normally, and then followed a yellowish brown discharge that was extremely offensive. The pain and the lump in the abdomen disappeared. The discharge continued for one year, when it ceased, and a perfect recovery followed. This case should surely give courage to women who have not passed the change normally, even though they be well advanced in years.

Another case was that of a woman of the South, who apparently at the change of life was going into quick consumption. She was completely fagged, and the lungs gave way first. The results from adopting the Viavi system of treatment were the same as in the cases above given, a cure that has stood the test of several years.

Mrs. W. came under the Viavi system of treatment for climacteric diabetes or climacteric pruritus. She was almost insane from the intense

itching. A profuse watery discharge almost constantly escaped from the womb, burning and excoriating the genitals and thighs in a shocking manner. It was several months before the intense itching ceased, but as the patron's strength gradually returned she was encouraged to continue. Fortunately an eighteen months' use of the Viavi system of treatment restored her to perfect health.

These widely differing cases are given to show that by the Viavi system of treatment the whole body, not one part alone, is strengthened. No plugging was employed to suppress the flow in the first case, no knife to remove the tumor in the second, no cod liver oil nor terrifying diagnosis of incurability in the third, no palliative measures in the last. The one aim was, through the use of the Viavi system of treatment, to assist Nature to bring about healthy functional activity, by which the body was enabled to unload itself of waste, and success followed the effort.

CHAPTER LIV.

CANCER.

AN early diagnosis of cancer, which is one of the most terrible afflictions from which humanity suffers, is yet impossible. From close observation we are led to believe that cancer is yearly becoming more frequent. For us, upon examination, to find, to all appearances, a robust woman in the very prime of life, suffering from a cervical cancer, is a frequent occurrence. We know that there is a pre-cancerous stage of every cancer case, and that if a patron come under the Viavi system of treatment before, or at that time happy results will follow. This has been repeatedly proved by large numbers of patrons coming under the treatment, whose disease had been diagnosed as cancer by eminent physicians. That they were cured shows one of two things—either that the diagnosis was wrong, or that the disease had not progressed beyond the curable stage.

Where the Disease Appears

The os (mouth) of the womb and the cervix are the parts most frequently attacked by cancer. The disease most commonly develops between the ages of thirty and sixty. In its incipient stage it causes no pain, although the most excruciating pain may be developed as the disease advances. Here is where the knowledge of what a normal condition is becomes a woman's safeguard. The cancerous cervix feels to the touch quite different from the small, smooth, normal cervix. As a woman would detect from touch an abnormal condition of the end of the nose, so should she be able to tell for herself the normal condition of the cervix and os.

Causes of Cervical Cancer

As this fatal disease is becoming alarmingly prevalent, our one object has been for years to ascertain, if possible, its cause, and so, by nipping it in the bud, remove the cause and in this way suspend or prevent its development. Our observations, which have been most extensive, have proved beyond a doubt that inflammation, depending upon mechanical injury for its development, is one of the true inciting causes of cervical cancer. The inflammation need not be intense, but of a low form kept up for a long period of time, thus bringing

to the parts, continuously, an abnormal quantity of blood. Every cancer case has a history, which can generally be found if care and patience be exercised. Unmarried women but seldom suffer from uterine cancer, and women who have given birth to children suffer more frequently than those who have not. This again is proof that injury followed by friction or irritation causes its development.

A bleeding womb is at best a serious menace to health and even life. A womb that bleeds on touch may speedily develop into a condition that will place a woman beyond all remedial assistance. Women as a rule are so prone to menstrual anomalies and the habitual irregular appearance of a bloody flow, that the presence of a bloody discharge, unaccompanied by pain, disturbs them but little. It is only when the discharge becomes offensive and copious that they seek relief, only to be told of a well-developed cancerous condition.

Caused by Cervical Laceration

The slightest cervical laceration or abrasion places a woman's life in jeopardy. The chapter on Displacements shows that the womb is allowed more freedom of motion than any other organ in the body. This motion is produced by breathing and locomotion, and the exercise thus given this organ not only brings to it its nutriment by means of arterial blood, but causes to be carried from it impurities and waste by means of the venous blood. Its neck is constantly sweeping against the vaginal walls. If it is lacerated, or its surface is raw from erosion or abrasion of any kind, a constant irritation is kept up. (See chapter on Laceration.) It is the small injuries, to which no heed is given, on account of the absence of pain, that are most frequently the cause of a cancerous development. Coition greatly aggravates the conditions existing in cases of cervical laceration.

Other Causes of Cancer

Where no cervical laceration exists, but the surface is raw, as in erosions, an irritation is kept up by locomotion and by coition, thus laying the sufferer liable to the development of cancer in this region at any time after the age of thirty. A persistent flowing at the change of life is always a suspicious symptom. If it occurs frequently after the change of life has apparently taken place, it is one of the strongest indications of the presence of cancer.

From the foregoing it will be seen that among the most frequent causes of cancer are laceration of the cervix; excessive intercourse, or moderate intercourse if the cervical surface is lacerated or abraded; long-standing leucorrhea or cervical catarrh; erosions, ulceration or any other diseased condition of the cervix that renders it irritable to the normal movements of the body, which are necessary to its healthy functional activity. Heredity also exerts a considerable influence in its causation.

Phases of the Disease

It will not be necessary to enumerate the different forms in which cancer shows itself, nor to give their technical names. They may be soft or hard, may grow to excessive size, or the parts may increase in size little or not at all. Some forms of cancer are accompanied in the beginning with discharges and hemorrhages, while in others the discharge is so slight as not to attract attention, and it is only when the cancer sore has gained great headway that symptoms develop which drive a woman to seek remedial assistance. At first the discharge may be serous and devoid of odor, but when ulceration has taken place, the discharge becomes offensive. It varies in color, being grayish yellow, black, green or brown.

When pain does develop it is of a lancinating, pricking and burning character, but as the disease progresses the pain all through the pelvic and abdominal region becomes intense.

As already stated, the early stages of cancer cannot be recognized, and we find that it frequently attacks large and strong women who claim to have seen but few or no sick days. Such sufferers seemingly remain in an excellent physical condition until the disease has gained great headway.

Cancer of Tongue, Breast, Etc.

The progress of cancer of the tongue can be observed. It is generally induced by a jagged tooth, which keeps up a chronic inflammation of the surface of the tongue, this finally terminating in a malignant condition and ending life. The continual use of a pipe may cause cancer of the lip, the stem keeping up a constant irritation. The progress here can be daily observed, as can also the progress of cancer of the breast, which is, as a rule, caused by a bruise or mechanical injury of some kind that gives rise to an inflammatory process. Unfortunately, cervical cancer excites no suspicion of its presence, from the absence of pain, and many times discharges, until the disease is well developed.

Cancer develops also in the body of the womb, causing it to enlarge but little and producing no sensitiveness, even though the cavity of this organ be filled with cancerous degeneration. It attacks also the vagina and external generative organs, the esophagus (gullet), stomach, liver, scrotum or rectum, but its favorite seat of development is, as before stated, the uterine cervix.

Cutting Always Useless

Extirpation, or removal, of diseased tissue by surgery is worse than useless. Such patients easily collapse from shock. If the disease proves to be well-developed cancer, the cutting of the parts starts up a greatly increased activity of the disease, and life is speedily terminated. If the patient survives the operation the fact shows that cutting was unnecessary, and that she would have yielded to rational treatment without resort to surgery.

The microscope has been of little or no use in the diagnosis of cancer.

Where careful microscopical examinations have been made and the case pronounced malignant cancer, the sufferer has recovered, and, again, where microscopical examinations have placed the ailing one upon the curable list, she has died of malignant cancer. Increased skill will undoubtedly make this aid to diagnosis very valuable.

Viavi Treatment in Cancer

There is a turning point in each sufferer's case which decides whether her individual case is amenable to the Viavi system of treatment. As we have as yet been unable to determine which cases are curable and which incurable, after plainly explaining to the patron her condition we use every effort to save her life if possible. If this privilege proves to be beyond our reach, we do the next best thing, and that is to render her condition as comfortable as possible and also to prolong her life.

An intensely interesting case of this kind came under the Viavi system of treatment several years ago for what had been diagnosed as a well-developed cervical cancer. Extensive ulceration, copious hemorrhages and the characteristic cancerous cachexia were present. As the patron would not submit to an operation she commenced the use of the Viavi system of treatment as a last resort. During the seven years that she used it we heard from her at irregular intervals. At last accounts she was still alive and her condition quite comfortable, very much more so than when she came under the treatment. We have greatly desired to keep track of this patron, but her life is migratory, her husband being a traveling minister, she accompanying him constantly and assisting him in his ministerial duties. She writes that she has used the Viavi system of treatment with religious regularity for the past seven years, but has had little time to allow her mind to dwell upon her physical condition, which fact has been of considerable assistance, perhaps, to the treatment. The mental symptoms of despondency which weigh down upon a cancer patient greatly hasten the development of the disease. This patron's migratory life, bringing constant change of diet and social surroundings, has had a great deal to do with the success of the Viavi system of treatment. We believe that, in time, a perfect recovery in this case will follow. The hemorrhages have long since ceased and there is a decided change in her condition for the better.

The Curability of Cancer

We do not wish it to be understood that the cure of cancer comes within the clinical range of the Viavi system of treatment. It is a fully established fact, however, that the treatment has cured many cases diagnosed as cancer. The beginning of the disease is so obscure that any diagnosis of it in its early stages is unreliable, and is not made sure until it has developed beyond all remedial

assistance. Whether the cases diagnosed as cancer that have yielded to the Viavi system of treatment were really cancer, or whether an error had been made in the diagnosis, it is impossible to determine. The two important things to consider in this connection are these: First, a diagnosis of cancer in its earlier stages means its cutting out under the ordinary method of treatment; second, the Viavi system of treatment enables the system to rid itself of conditions out of which cancer is developed. In well-established and clearly defined cancer the Viavi system of treatment incurs none of the risks to life that are engendered by surgical treatment, and brings a comparative ease and prolongs life to an extent impossible to the ordinary method. As there is doubt concerning the correctness of the diagnosis in the obscure stages of the disease, the Viavi system of treatment gives the sufferers the benefit of the doubt and builds them up systemically, and the results secured for many years have been not only successful, but exceedingly gratifying. If it is felt that the condition is hopeless, we do not allow the patron to place herself under this treatment without fully explaining the conditions present, thus enabling the sufferer to decide what method she prefers to use.

The profuse and offensive discharges in incurable diseases, as cancer, etc., are favorably modified by Viavi. It contributes materially to the comfort of the patient.

We give no hygienic measures for cancer, as every case of this kind must come directly under the care of one of the Viavi Hygienic Departments, which will give great care to every individual case of this kind, so that no time may be lost and that the proper remedies may be used. Such patrons should follow the advice given for inflammation of the womb until advice is received, which will be forwarded immediately to such patrons upon receipt of their health statements.

Cancer Starts with Inflammation

Although cancer is one of the most horrible of diseases, it will be noticed that it proceeds from simple inflammation—not the intense, acute inflammation that throbs and burns and that forces the patron to seek relief, but the low chronic form that has existed for a long period of time. Cancer is not accidental, but causal, and if we seek the cause it can be found. A woman may marry early in life, give birth to one child, and suffer at that time a small injury of the womb. Such a woman may enjoy good health, but at the change of life a cancer of the cervix may develop and terminate life in a horrible manner. The inflammation extended over a period of many years, but was so slight and of such a nature that it gave little or no manifestation of its presence.

When Circulation Is Bad

The tissues of the body are soft. If the blood is kept in its proper channels, the tissues cannot be injured by it, but if it is allowed to remain constantly in the vessels

in abnormal quantity, it will pass through the walls of the vessels and find its way into the tissues themselves. Here a chemical change takes place which causes the tissues to degenerate, and when they have passed beyond a certain stage they have passed also beyond all remedial assistance. A constant irritation of any mucous surface by chemical or mechanical agencies can produce a form of inflammation that may develop cancerous degeneration. As the specific action of Viavi is to establish the circulation, by employing it in time we prevent an inflammatory process from developing into cancerous degeneration.

The important question remains, What are the indications from which it may be determined that the use of the Viavi system of treatment is advisable to prevent the development of cancer? The answer is, that if any abnormal condition of the uterine organs is present, we have the conditions, from which cancer develops, and that by removing the abnormal condition by means of the Viavi system of treatment we remove the possibility of a cancerous development. Cancer does not appear except as the result of preexisting abnormal conditions. The only trouble is that many women declare themselves unable to determine the presence of an abnormal condition. Some with cancer have asserted that they were never aware of the presence of such condition before the development of their cancer. Close questioning, however, developed the fact that they certainly had experienced some distress, and that they deemed it too trivial to deserve attention. Any woman who studies this volume carefully will know whether an abnormal condition of any kind exists in the uterine organs. It is only the great ignorance of women concerning these subjects that makes it possible for them to overlook existing symptoms. It is a woman's duty to know herself. If she does, she will know how to avoid disease and suffering.

CHAPTER LV.

CANCER OF THE BREAST.

(CARCINOMA)

CANCER in the breast is, like cancer elsewhere, one of the most severe and fatal affections to which suffering humanity is subjected. Not all lumps or swellings of the breast are by any means cancerous. It is a common occurrence for these lumps, which vary from the size of a pea to that of a pigeon's egg, to appear, be very painful or disappear without causing serious trouble or inconvenience. If the woman has received a blow or bruise in the mammary region, and one of these lumps forms as a result, it will not be likely to disappear spontaneously, but will call for a continued and intelligent treatment to cause it to do so.

The Origin of Carcinoma

The cause of all such growths in the breast, both those that give trouble and those that do not, is weakened vital action, such as removes waste substance from the body instead of allowing it to accumulate. These lumps in the breast in their first stage are easily dispersed, but a great persistency of treatment is required later, in the second and third stages. Uterine and ovarian diseases are, ninety-nine times out of a hundred, the cause of painful, enlarged and inflamed breasts, these parts being closely connected through the nervous system. In such cases the Viavi capsules are to be used with as great regularity as the local application of the Viavi cerate over the region of the breast and spine.

The Futility of Operations

Operations for the removal of a diseased breast rarely or never prove entirely successful. If after the removal of the breast the disease does not reappear, the operation was unnecessary and the disease could have been cured otherwise. If the breast is cancerous, the operation rarely prolongs life, often the fatal termination of the disease is hastened; hence surgery should rarely be resorted to for any diseased condition of the breast. A physician of limited experience and skill will resort to surgery at once in such cases, but a physician who has had extensive experience and knows full well from observation the results of

surgical treatment advises that no cutting be done, that no irritant be employed as a remedial measure.

First Stage of the Disease

In the first stages of lumps in the breast, when they are movable and give but little trouble, the hot treatment as a hygienic aid, with the use of the Viavi capsules, cerate, liquid and royal, is employed. On account of the close connection of the breasts with the generative tract, the capsule is to be used daily, per vagina, the cerate daily over the region of the spine and abdomen, and several times daily over the region of the breast. (See Hygiene of Breast, Hot Treatment for First Stage.)

Second Stage and Treatment

In the second stage we find the breast rapidly increasing in size, hot, hard, painful and swollen, perhaps discharging at the nipple. The glands under the arm and in the neck may be enlarged, while the arm on the diseased side may be painful and lame. The condition may now be malignant and it may not be. Here, as in cancer of the cervix, it is impossible to determine accurately whether it has progressed beyond that point when it is curable. If it is on the curable side of the turning point, the patron may rest assured that if she will follow advice closely her life may be saved; if beyond it, by building up the general health, life can be greatly prolonged and the sufferer's condition rendered comfortable. If the patron does not intend to exert herself and follow the advice laid down in such cases for a sufficient length of time, we do not wish her to commence the treatment, as it would be money wasted on her part, and a great injustice would be done to the treatment.

It is very much better in such cases to employ an assistant to come daily and give the treatment, for it is very likely that if the patron depends upon her own individual exertion the treatment will be neglected or slighted. Such patrons should not unduly exert themselves, overheat their blood nor allow themselves to become excited. The mind should be pleasantly occupied and not allowed to dwell upon a probable fatal termination of the disease, but should be hopeful. The preceding chapter on Cancer should be carefully read, as this disease is described and its treatment carefully given therein.

Before Malignancy Develops

When these cases of so-called cancer of the breast have progressed and it is yet impossible to determine whether malignant or not, the cold treatment is to be used instead of the hot, which is employed in the first stage. (See Hygiene of Breast, Cold Treatment, Second Stage.) Here also the use of the Viavi capsules, cerate, liquid and royal is advised, in conjunction with the use of the Viavi laxative if the bowels are inclined to be constipated.

A soft cancer runs a much speedier course than the hard or withering kind, but both prove fatal if they do not come under the proper system of treatment before the disease has progressed to a malignant point. This point, as before stated, cannot always be determined even with the aid of a microscope.

Some Cases That Recovered

A so-called case of malignant cancer of the breast came under the Viavi system of treatment several years ago. The tissues had broken down, and altogether, taking into account the low state of the woman's health, the case looked hopeless. Relief from pain was all that we expected to obtain from the treatment, but the representative who discovered and brought this patron to the office felt otherwise and worked accordingly, employing the cold treatment so cold that the diseased tissue was almost frozen. Viavi was used so freely in various ways that the patron's system was literally saturated with it; consequently the hold that the disease had upon the system was broken and a healthy reaction took place, sufficiently strong to produce a perfect cure.

Another interesting case was that of a patron whose breast was so large and heavy that she could not even assume a sitting position. While under the treatment the whole breast gradually sloughed off and a perfect recovery followed. Of course, the cure in this case consumed considerable time and great quantities of the treatment were used, sometimes a quarter of a course of the cerate being used in three or four days. In this case, Nature emphatically demonstrated her ability to remove diseased tissue with the assistance of the Viavi system of treatment. If assisted by mechanical means, the growth took on increased activity. As the pieces of tissue became gradually loosened they were sometimes picked or snipped off, but invariably they grew quickly again, while if left to fall off, unassisted, no new growth took their place.

Where the disease has progressed until the tissues have broken down and the surface is raw, cracked and deeply fissured, see Hygiene of Breasts, Stage 3.

Tumors in the breast spring into existence, as a rule, from a diseased condition or irritation within the ovarian and uterine regions; hence while we wish the treatment herein advised for tumors of the breast to be closely followed up, the following forms of treatment Viavi capsules, cerate and liquid should be the main reliance, as herein the ax is applied at the root of the tree and the source of the disease is so removed.

CHAPTER LVI.

TUMORS.

TUMORS are becoming alarmingly prevalent among women. They are situated most frequently within the pelvic or abdominal region. By a tumor is meant an abnormal or exaggerated growth of a part or organ. Such growths have no tendency to spontaneous cure, but continue to enlarge slowly or quickly throughout the whole life of the sufferer. Tumors have no useful function, their origin depending upon abnormal conditions. If internal, they interfere more or less, according to their size and location, with the various vital functions of the body by crowding upon the organs. Their pressure upon nerves within close proximity also gives rise to extremely painful and varying symptoms, which are sometimes quite remote from the seat of the trouble, the tumor.

The Origin of Tumors

The cause of these growths, which by inspiring terror drive so many women to a premature death by way of the operating table, is so simple a thing as a poor circulation of the blood. Tumors are caused by a stagnation of the venous blood; or in other words, an obstruction to the filtering of the liquid part of the blood through the capillaries.

This important discovery on our part has swept away the mist that has always surrounded this subject and enabled us to accomplish the most remarkable cures; remarkable only because cures, previously to this discovery, belonged exclusively to surgery. Surgery upon women to this discovery, belonged exclusively to surgery. Surgery upon women has become so common that it is often resorted to without waiting to seek and employ rational curative measures. Radical and desperate measures are demanded at once, and for them large sums are paid. The results can too frequently be read in the hopeless and pain-drawn faces of those who have survived these shocking ordeals.

The question naturally arises as to why the medical profession has not made this simple discovery. It is because its members have been too busy classifying these abnormal growths, according to their erroneously supposed

origin, until the classification has become so extensive and bewildering that the cause has been entirely overlooked.

The One Rational Treatment

While the profession have been theorizing and classifying, the Viavi system of treatment has been going out quietly into countless homes, perfecting cures in all parts of the world by establishing normal capillary circulation, which is the basis of all bodily activity, and in this way assisting Nature to overcome the condition from which tumors arise. By so doing, not only has the formation of these growths been prevented, but they have been caused to disappear in various ways according to Nature's methods employed in the individual cases.

Assimilation is always weak when growths appear; hence capillary circulation is always greatly impaired by a weakening of the walls of the capillaries, which must have strength to relax and contract continuously in order to keep the onward movement of the blood, from which the tissues constantly take nutriment.

The Varieties of Tumors

The name of the tumor is derived from its nature and location and the tissues involved, as an ovarian cyst, a uterine fibroid, a nasal polypoid, etc. Notwithstanding their numerous technical names and their enormous classification, it frequently happens that growths are discovered which are difficult to classify, as they partake of nearly all the varieties. Thus it often becomes not only impossible, but entirely unnecessary, to name or classify a tumor before curative measures are employed, as even a fatty tumor is caused by stagnation, it being a very simple thing when understood. The fat that lies near the surface of the body is manufactured largely within the skin. There is always a constant stream of fat-bearing lymph that flows into the blood vessels of the skin, and there it is gradually taken up by the blood. When this fat current is obstructed, the fat accumulates, and so forms a fatty tumor.

Tumors Show a Condition

A tumor or a tumorous condition may be present in the system for years before becoming sufficiently large to be noticeable or to cause serious functional disturbances of the viscera.

If we find a tumor under the arm or in the breast, uterus or ovary, it does not indicate that the tumerous condition is confined to that particular part of the body and that a woman is otherwise perfectly healthy. If so, the tumor never would have formed. The whole body is implicated, and before a cure can be effected the whole body must be made healthy and the conditions out of which the tumor arose entirely eliminated. If the blood is pure, tumors will never develop; if it be made pure, and to circulate freely, through the

medium of the Viavi system of treatment, a tumor receives no nutriment and consequently cannot grow nor thrive.

Inadequacy of Surgery

By surgery, the enlargement, or only a part of the trouble, is removed, while the source of the trouble receives no more attention than if it did not exist; hence the appearance of the recurrent tumor. That the Viavi system of treatment has assisted Nature to cure tens of thousands of tumors of all kinds (malignant growths excepted) is, when understood, not at all wonderful nor miraculous, as by the faithful use of the treatment, Nature is simply assisted, and collateral conditions established that enable the organs to functionate normally. To be sure, many times this is a slow process, but the formation process in the first place was slow, and if a patron expects to be cured, and the cure to be made sure and permanent, she must be patient and follow hygienic advice, together with the use of the remedies indicated in her individual case, for a sufficient length of time to entirely eliminate the tumerous condition from her system. It is much easier to allow one's body to fill up with waste than it is to remove it, for the organs are then hampered and cannot functionate as they should. Many times there is but little vitality and strength, and it is very tiresome work to regain health and strength, for even the mind at such times is in sympathy with the diseased body, and the will not sufficiently strong to follow any plan or regular routine duty; hence the patron gives up and allows herself to drift along regardless of consequences. The greater the inclination to drift, the greater the effort a patron should make to overcome it, and the closer she should follow directions.

Some Remarkable Cures Made

The cure does not depend upon the location of the tumor. It is our privilege to witness constantly some of the most wonderful cures along these lines. One was that of a tumor about the size of a lemon, situated in the wall of the womb bulging outward into the right broad ligament making it appear to be attached to the outside of the uterus, just above the neck, by a pedicle an inch in length and the size of the small finger. The tumor had been present for twelve years, but after use of the Viavi system of treatment the pedicle disappeared and the tumor was found to be closely attached to the outer wall of the womb. Quite profuse flooding occurred about this time, and after the treatment had been continued a time longer, the tumor passed through the walls of the womb and bulged into its cavity. The patron felt the change of position and described just where the tumor would be found before the examination was made, and she proved to be correct. The suffering was moderately intense. The tumor remained wedged in the neck of the womb in view for several days, then drew back into the cavity of the womb. Following the passage of the tumor into the cavity of the womb, a decided

change for the better in the patron's condition occurred, as she gained in strength and flesh rapidly for a time. But this again was followed by a very trying period, then came a decided change for the better. This was permanent, as the heavy repair work of the system had been accomplished and the remedy was now made use of to strengthen the body. During the time that the tumor remained wedged in the mouth of the womb, that portion of the walls of the womb enveloping the tumor inside the womb began to break down, thus allowing the growth to pass away in pieces, showing that Nature, assisted by Viavi, not by manual or surgical interference, can dispose of tumors.

The Migration of Tumors

This is one of thousands of cases which go to prove that by the use of the Viavi system of treatment tumors can be caused to migrate from the system, instead of transplanting themselves from place to place in various parts of the body. That tumors were migratory we discovered many years ago, and have taken advantage of the fact very successfully by causing first migration, and second expulsion. That all tumors were caused by stagnation, and that they were migratory, became an accepted fact with us, as above stated, many years ago, these facts being obtained through an extensive gynecological practice and clinical experience. So busy and successful have we been with our own extensive and exclusive practice along the lines of uterine diseases, that we did not fully realize until of late what wonderful strides we have made forward, until we noticed that eminent specialists have just discovered these two facts, that tumors were caused by stagnation and that they could be transplanted. We noticed a case reported and considered most wonderful in a recent medical publication of a young woman in whom a fibroid tumor of the uterus disappeared during pregnancy, was afterward felt on the outside, and was found to be attached to an ovarian tumor, thus showing that these tumors can be transplanted. The progressive physician who reported his observations in this case advised that the profession at large devote their attention to the prevention of the formation of tumors instead of performing operations to remove them. This indicates that at last the fact that Nature, if properly assisted, can accomplish that which is not only inexplicable, but with surgery impossible, is becoming recognized by careful observers in addition to Viavi advocates, who started and now lead the reform.

Strange Conduct of Tumors

This case is in striking contrast to a similar one that came under the Viavi system of treatment some time ago. The sufferer was about thirty years of age and the mother of one child. Three fibroid tumors were diagnosed as being outside of the womb—one in the pelvic region and two in the abdominal region.

After using the Viavi system of treatment she gave birth to a five-months fetus. Two of the tumors were found in the cavity of the womb, and came away adhering to the placenta, or afterbirth. This is one of many cases that have come under our observation and that have given ample clinical proof that tumors situated outside the womb, or even within its walls, may pass from the body as a whole or in pieces.

That Viavi cures are established daily, which can never be explained theoretically, is a recognized fact the world over—not one nor a few, but many of them.

When we first recorded the fact that ovarian tumors could pass away through the womb, or abdominal or pelvic tumors situated outside the womb could be expelled through the anus or vagina, it was deemed a physical impossibility, but the proof is now so extensive and world-wide that, wonderful, as it may seem, it cannot be disputed.

Care in Cystic Tumors

The fact, so universally understood, that Viavi is a simple, harmless vegetable compound, has led to many and varied experiments among those suffering from tumors of all kinds. The gravity of large abdominal cystic tumors, from great liability to rupture, producing blood poisoning, with fatal results, has caused us to promise but little in these cases, and to require the patient to have the attendance of a local physician; but the stand we have taken in regard to cystic tumors has not in the least discouraged its use in these desperate cases, as many have been cured. Patrons are willing to use it, and if death ensues while under the treatment, they and their physicians fully understand that the case was hopeless. When the condition is placed under the Viavi system of treatment in the early stages of the disease, the chances of recovery are very much more favorable. It should always be remembered that when we are assisting Nature, as we are doing when the Viavi system of treatment is used, the very best is being done, and that no one could do more.

Various Kinds of Tumors

The kinds of tumors most frequently encountered are the fibroid, cystic, fatty and glandular, and polypus growths. A fibroid tumor is one that is formed of fibrous tissue, a cystic tumor is one that contains fluid, or liquid, encased in a capsule, or pouch. A fatty tumor is composed of fat. A glandular tumor is one growing in or near a gland and resembling it in structure. The polypoid is one that grows from a pedicle or stem, whatever its situation or nature. A floating, or movable, tumor is a movable mass in the abdomen about the size and shape of a kidney. It may be a movable kidney, a loosely attached ovarian cyst, a collection of fecal matter, etc. A malignant tumor is one that threatens life, without reference to its nature or situation.

Some Causes of Tumors

Tumors develop most rapidly in those parts of the body where the blood supply is the greatest, as in or near the generative organs of a woman. Anything that interferes with the free circulation of the blood, as tight or heavy clothing suspended about the waist, all kinds of displacements, menstrual derangements, chronic constipation, inflammatory processes, adhesions, etc., tends to the development of foreign growths.

Growths are not always accompanied with pain in the beginning, but pain sooner or later will develop. Women sometimes carry these growths for a long time without being aware of their presence, but a large majority do not escape suffering. They may be exempt from pain for months or years, but whatever happens to impair the general health or to lower the vital resistance may start up a train of symptoms as seriously to involve all functional activity.

Some Effects of Tumors

The constant nagging of the tumor upon surrounding parts often so irritates them that a woman becomes a nervous wreck and fears insanity. A tumor pressing upon the ovary not only causes extreme pain, but great irritability and hysteria. The sufferer is sad without knowing why, often cries without reason, is discouraged and weary, impatient and irritable. The tumor may press upon the bladder, and even though it be small, the irritation and nervous symptoms become intense. It may press upon the ureters, and thus impair the function of the kidneys, or it may be in such a position that it will interfere with the work of the stomach or the rectum, and even cause paralysis of the legs and other parts from pressure upon certain nerves. More or less inflammation is present, greater at some times than at others. This inflammatory process causes the formation of adhesions, which interfere with the normal movements of the parts. Such patrons complain of great dragging pains unless lying in certain positions. Here lies the great danger in delaying treatment, as after a time the adhesions may become so extensive as to bind the contents of the pelvis and abdomen into a solid mass. (See chapter on Adhesions.)

A case showing a fatal lack of persistency in the use of the Viavi system of treatment was that of Mrs. Van H. She was making splendid progress under the treatment, and was so delighted that she wrote a strong testimonial setting forth the benefits that she was receiving and the happy progress of her case. Shortly afterward, becoming weary of the delay or yielding to importunities, she submitted to an operation to hasten her recovery, and died from the operation. There is no doubt whatever that a perfect recovery would have been secured had she persisted or been left alone. A desolate home instead of a happy one was the result.

Mrs. A. was of another sort. She had been a sufferer from local troubles

for seventeen years or more. At the end of that period she began to grow large, and her physicians told her that she was pregnant. After nine months had passed, however, they changed their minds and informed her that she was afflicted with ovarian tumors, and urged her to go upon the operating table at once. To this she strenuously objected, having a wholesome dread of the knife. Her friends said that she was the largest woman they had ever seen. All other measures of relief having failed or been refused, she went under the Viavi system of treatment. Every means that could be devised to discourage her was employed, but she had a determined character and persisted. She began to feel better, and took more interest in her household affairs. Her size gradually lessened, and the severe and weakening hemorrhages that she had suffered from while the tumors were growing ceased. Later she passed the first of the tumors, and the second came away, besides a large number of polypi from the womb. Her recovery was complete and permanent.

Interference With Recovery

The constant interference of kind-hearted but mischievous friends who persistently try to shake the purpose of the sufferer and especially those who have a well-developed mania for surgical methods, often drives these tumor patrons to the most desperate measures, when if left alone they would be contented to follow up the Viavi system of treatment for a sufficient length of time to bring about noticeable results. When this period arrives the woman is safe. She knows within herself the wonderful changes that are taking place.

A pitiful case of this kind we recall. The patron was the second wife. There were grown sons in the family who were children of the first wife. These stepsons constantly urged that the mother submit to a surgical operation. A number of times she came to the office white with terror. She would walk the floor and wring her hands, saying over and over that sometime when she should be weak and could not resist, they would cut her open and that she would be killed. She was right. When the heaviest repair work was going on within her body and the tumorous growth was coming away daily in great quantities, and when she most needed the loving care and intelligent sympathy of her husband, the stepsons decided upon an operation. The husband consented. She was placed upon the operating table at 11 A. M. and at 4 P. M. of the same day she was dead.

Length of Time Required

Tumor patrons coming under the Viavi system of treatment are anxious to know just how long it will take in their cases to perfect a cure. This cannot be told, as no two have exactly the same experience; one is cured sooner than the other. The time consumed depends upon the nature, size and location of the tumor, and largely also upon the patron's general health and the regu-

larity with which the treatment is used, and very much upon the patron's vitality and recuperative power.

Sometimes a tumor is expelled as a whole. It is born like a child, being expelled from the womb by muscular contractions resembling labor pains. When the treatment has been used for a sufficient length of time to cause it to become foreign to the body (as does the child that has been part of the mother until the end of the ninth month), Nature will then exert herself to cast it out. Others are eliminated in small pieces at the monthly period, and in such cases menstruation may become very painful. In others, the discharges vary, occurring at irregular intervals.

Labor-like pains are always excellent symptoms when tumor patrons are under the treatment, as also are pains they describe as a feeling that something had broken loose or was tearing loose. Large tumors also disappear entirely by absorption, not a fiber-like shred making its appearance.

Patrons frequently feel the change in position of a tumor when a change occurs. This change always means a curative progression. Great relief may ensue, and again there may follow a great downward pressure, as if the organs would protrude through the vaginal orifice.

One singular case was that of a woman forty years of age, who was suffering from an abdominal growth. Five eminent surgeons had advised a speedy operation. She came under the Viavi system of treatment and was entirely cured in two years. No vaginal discharge made its appearance, but when she had used the Viavi system of treatment about a year she suddenly began to bleed violently at the nose; this continued for five hours with greater or less severity. After the hemorrhage had ceased the patron discovered that her abdomen was of normal size; and it has remained so.

Discharges under Treatment

Discharges under the treatment vary greatly according to the character of the tumor and the systemic changes that occur by which they are caused to migrate from the system. They may resemble small pieces of fibrous meat, or liver, black offensive clots, pure blood, boiled beans, gruel, worms, or profuse watery discharges varying greatly in color; frequently there pass pieces of the tumor, furnished with shred-like roots. The entire cast of the womb, greatly thickened, may be thrown off, or bunches of cysts resembling grapes may be frequently expelled. So varied are these discharges that it would be impossible to give them all, but one that is extremely interesting must be illustrated. It was in the case of a teacher of fancy work. She discharged from the rectum bluish balls, which, when opened, were found to be filled with pieces of silk thread that she had bitten off and swallowed. Her trouble was all in the left ovarian region, and had been diagnosed as an ovarian tumor, an operation having been advised.

The Whole System Benefited

Under the Viavi system of treatment not one part alone is beneficially affected, but a purging of the whole system takes place. Every expulsive effort of the body exhausts the patient more or less. After vomiting, the patron lies back exhausted for a time, as after labor; and so, with long-continued expulsive efforts on the part of the body to throw from it an abnormal growth, it is only natural to expect that the patron will become thin, weak and much exhausted. The expulsion should be looked upon as a wonderful and heroic operation performed by Nature, entailing need of rest. Even though the patron become exceedingly thin and emaciated, and her mind, as well as body, weak, we know, if she has sufficient recuperative power, the happy results that will follow the treatment when it is used as advised to the final accomplishment.

Viavi Treatment for Tumors

The first essential and imperative advice is to promote absorption by establishing a normal circulation of the blood, to bring the treatment to all parts of the body. Viavi must be supplied to the system in three forms—the capsules, cerate and liquid. To establish the circulation we shall give in the latter part of this volume the formulæ for several kinds of baths. The Vapor Bath will be found very beneficial if the patron's strength permits. The Viavi Brush Bath also is excellent, but if a patron chills easily, the Salted Towel may be employed. (See Salted Towel Rub.) The patron should use her own judgment in selecting the baths best suited to her case. If absorption is very poor and she suffers from cold hands and feet, this showing that the circulation is greatly impeded, the Vapor Bath should be used until the skin absorbs well; but if the absorption is fairly good, the Salted Towel or Dry Salt Rub may be used daily, in conjunction with the Viavi Brush Bath twice a week. As most tumorous growths are caused by stagnation, it should always be remembered that establishing a normal circulation is the first step necessary to overcome tumorous conditions.

Compresses over the affected parts are advised, and the best results are obtained where the hot and the cold compresses are used alternately (see Hot Compress and Cold Compress), especially where the tumors are situated in the abdominal and pelvic cavities. The compresses should be used sufficiently long at a time to secure beneficial results—that is, to restore reactive powers sufficiently to re-establish the contraction and relaxation of the walls of the blood vessels. They should be applied for from thirty minutes to an hour at a time, twice a week, according to the patron's strength and the gravity of the case. (See Rules for Abdominal Massage.)

It is also very essential that the Viavi cerate be applied daily over the region of the affected parts, after sponging the skin with vinegar and water, so that the surface may be thoroughly cleansed and the cerate more readily

absorbed. But little of the cerate should be used at a time, and it should be seen to that this quantity is well absorbed before more is applied. At first absorption may be very limited, but as the various parts of the body are affected from the different forms of the treatment used, the weakened parts will be strengthened and absorption promoted. We have seen patrons who, although apparently at first absorbing no more than if the cerate had been rubbed over a china plate, in time take it up almost as rapidly as if it were being rubbed through a fine sieve. A failure to absorb the remedy at first should never discourage, as it is quite sure eventually to be taken up from one or more of the forms used, until in time all parts are responding.

The daily use of the cerate over the spine in all tumorous conditions is very essential, as the whole nervous system may be fed in this region. As the nerves control the blood supply, and as Viavi is a perfect nerve food, it is quite evident that marked results must be obtained from its use in this region. (See Cerate on Spine.)

A capsule is to be used per vagina every night when the patron is not menstruating, after she has taken a warm vaginal douche in a reclining position, and just before retiring.

When the system has accommodated itself to the single-strength capsule, the double-strength capsule should be used. The cure may be further hastened, if the system will permit, by using a double-strength capsule both night and morning.

When the tumorous growth is so situated or is of such a nature that it is accompanied with discharges or floodings, so that the use of the capsule is prevented per vagina, it is to be placed in the rectum as high as possible with the finger.

If the discharges are copious and debilitating, rest in a recumbent position is imperative, also the use of the cold compress; if extremely profuse, hot vaginal injections of vinegar and water may be used. They should be exceedingly hot and their use protracted. (See Hot Douche.) The effect of the heat is to produce a stimulation of the vaso-motor constrictor nerves, thus narrowing the blood vessels contributing to the hemorrhage.

Copious discharges while under the Viavi system of treatment need not alarm. If the tumor is being driven out rapidly and is accompanied with profuse discharges, the use of the capsules should be discontinued for a week or longer, but the use of the Viavi liquid and cerate should not be discontinued. Perfect rest under such circumstances in a recumbent position is imperative. When a person is subject to severe and dangerous hemorrhages we refuse to allow the use of Viavi except under the care of a physician.

The Viavi liquid is to be taken into the stomach three times a day in from five to fifteen drop doses, in a little water, about twenty minutes before each meal.

A patron suffering from abdominal or pelvic tumors should never eat great quantities of food at one time, but small quantities frequently. Large quantities cannot be accommodated at one time without producing pressure and uneasiness. Gas is sure to accumulate and thus give the sufferer further distress.

For all tumorous conditions that have not become malignant, the Viavi system of treatment, in conjunction with the hygienic advice given, will prove successful if continued for a sufficient length of time. When speedy results are not obtained, it should be remembered that the reactive powers are greatly weakened and that the system, not the treatment, is to blame; for if the treatment is absorbed, and the circulating blood carries it through the system to all parts and organs, beneficial results are bound to follow.

If a tumor is so situated that it can be expelled as a whole, Nature will dispose of it in her own way, and more or less pain will accompany its expulsion. It may come away in pieces with the monthly flow, or it may disappear entirely by absorption. Or it may migrate from the system in small particles so continuously that it closely resembles the monthly flow. Ovarian tumors, uterine tumors, whether inside the cavity, in the walls, or outside the walls; tumors of the vagina and Fallopian tubes; fatty, cystic or fibroid tumors —in fact, tumors of all kinds in all parts of the body—have been treated successfully by the Viavi method.

For tumors of the rectum see chapter on Diseases of the Rectum. For tumors of the breast see chapter on Cancer of the Breast.

Strong drugs, advised to be taken in the stomach to stop the growth of tumors, destroy the tone of the nerves of the digestive system, and the morbid growth increases in proportion as they do so. They act far more strongly in crippling the healthy parts than in melting away diseased growths. The unsuccessful and fatal results of operations are well understood.

CHAPTER LVII.

DISEASES OF MEN AND WOMEN.

IN preceding chapters the diseases peculiar to women only have been considered and their cure by means of the Viavi system of treatment discussed. The usefulness of the treatment by no means ends there. The rest of the volume will be devoted to a discussion of other diseases. These are not peculiar to either sex, but affect both sexes, and are not related to the generative system. The effectiveness of the Viavi system of treatment in overcoming certain diseases of both men and women—diseases not necessarily associated with the generative nature of either sex—has been as fully established as in the diseases of women. Such diseases are principally those of the mucous membrane in various parts of the body—the air passages of the nose, head and chest; the lining of the stomach, intestines, rectum and urethra. All these afflictions are common to men, women and children, and the Viavi system of treatment is equally efficacious with all. (See chapter on Catarrhal Conditions.) The treatment has a particularly high value also in nervous disorders, and in diseases to which they give rise, in both sexes.

There are still other afflictions discussed herein, and a way to overcome them is shown. Some of these will have a particular interest for men whose powers have waned when they should be in their prime.

Diseases Suffered by Men

The term, "The Viavi System of Treatment," means the Viavi system of treatment for the disease for which the treatment is intended. As there is a considerable range of diseases thus reached, there are consequently various forms of the Viavi preparations. Thus, the capsules and cerate for the diseases of women, with details varied to suit the particular form and character of the disease; there is the rectal suppositories for hemorrhoids, or piles, equally efficacious with both sexes; there is still another, the tablettes, for stomach and intestinal troubles, of equal efficacy in both men and women; another, the liquid for colds, catarrh, bronchitis, lung troubles, etc., all equally valuable to men, women and children; then the royal, where there is nervous debility, depression, exhaustion, or prostration. There is likewise a Viavic tonic for improving the condition of the blood, particularly where it is lacking in iron. In all

of these various forms of the Viavi system of treatment there is an exact adjustment of the form and character of the treatment to the requirements of the disease. In all of the forms of the treatment the Viavi principle appears, because of its remarkable and widely useful properties; but in addition there are other elements having a special and additional value in the particular diseases for which the various forms of the Viavi system of treatment are intended. It is very important to keep this in mind, as it will check any tendency to regard the Viavi system of treatment as a "cure-all," or as one remedy for all kinds of disease.

Diseases Common to All

The diseases just enumerated are common to men and women; children have some of them. A great many men suffer incredible tortures from piles and from stomach and urinary troubles. Many of them rapidly deteriorate in nerve force upon reaching middle life, and are discouraged to find their physical and mental powers waning at the very time when the desire to employ them most effectively is strongest. The special form of the Viavi system of treatment for these conditions impairing their efficiency or their enjoyment of life is the greatest imaginable boon to them. Originally the Viavi system of treatment was for the diseases of women only. Its experimental use in other directions gave so good results from the action of the Viavi principle contained in the treatment, that the founders deemed it wise to meet the demand for an enlarged range of its usefulness. To that end they combined the Viavi principle with other agencies in the various forms of the remedy as it exists to-day, and elaborated hygienic aids suited to the various diseases for which the treatment is intended.

Sexual Diseases of Men

It is a very interesting fact that husbands who have become interested in the treatment of their wives under the Viavi method have employed the same treatment for non-venereal diseases of their own generative organs, and have secured the most gratifying results after the best medical skill had been exhausted without avail. We recall particularly the case of a man suffering with wasting of the testicles, who secured a perfect recovery from the Viavi cerate applied to the scrotum. Men are liable to a number of serious and exhausting afflictions of their generative nature, particularly in middle life and old age. When they arrive at the age of forty-five or thereabouts the prostate gland undergoes a physiological enlargement. If they are perfectly sound this occurs generally without their knowledge; if they are not, the change is a critical time for them. Many of them die and many others suffer for the rest of their lives. Inflammation of the prostate (prostatitis) is always a serious matter, and it may occur at any time after youth, from sexual excesses, drinking and the like.

As the prostate lies against the urethra, prostatitis involves the urethra in inflammation, and this condition will extend to the bladder, producing grave, painful and annoying conditions. Many men have to empty the bladder regularly with a catheter. Orchitis (inflammation of the testicle) is a condition entailing inconceivable agony, and consumption of the testicles is often seen. Varicocele and hydrocele are common afflictions.

Some Suggestions to Men

More and more easily is it becoming possible for men as well as women to understand what a wonderful assistant the Viavi system of treatment is to Nature in curing ailments of the mucous membrane. Catarrhal conditions with men may have the same origin as with women. Whether located in the head, throat, stomach or intestines, the liquid and cerate may be used with equal effect. Indigestion has been cured in many cases through the aid of the Viavi system of treatment and the treatment for piles (which see) has proven very efficacious with men. The treatment supplies the nerves and tissues with needed building and strengthening material, enriches the blood, thus enabling Nature to render the circulation sufficiently strong to remove the products of disease, bring rich, healthy blood to the diseased parts, and eliminate inflammatory conditions.

The Viavi cerate, liquid, tablettes, suppositories, royal and laxative may be used with expectation of equally satisfactory results under the same conditions without reference to the sex of the sufferer.

While this would be the action of the treatment under the conditions named, we are not ready to make an offer of any form of the Viavi system of treatment for venereal diseases of the generative organs of men. The reason is that there has been and is so vast a field in the diseases of women, and there are so many more women than men who suffer with diseases of the generative system, that there has not yet arisen an opportunity for giving special attention to the diseases of men. At the same time, many men have secured the most gratifying results with regard to abnormal conditions of their generative organs, some by using for those diseases the treatment for hemorrhoids, others unexpectedly experiencing recovery from diseases of their generative organs from employing the treatment for catarrh. A form of the Viavi treatment has been prepared, too, for use so that it will come more directly in contact with the prostate and spermatic cord. This cord carries the nerves and blood supply of the contents of the scrotum, and hence the nerves and blood vessels of the testicles receive the benefit of the treatment. In the form of pencils the treatment is introduced just within the meatus and gently pressed into the urethra. The cerate is rubbed daily about the root of the penis and the peineum. Men afflicted with ailments of the generative organs which are not traceable for their origin to venereal diseases are invited

to correspond with the Hygienic Department of the nearest Viavi office. We will be grateful for the receipt of reports from men using the treatment for such purposes.

Other Chapters Instructive

An understanding of many of the preceding chapters will be highly valuable in the study and treatment of the general diseases now to be considered. Particular attention is called to the chapters on The Circulation; Absorption; Activity, Rest and Sleep; Sunshine and Air; Regular Habits; Mental States; The Nervous System, and Congestion, Inflammation and Ulceration. While those chapters were written with special reference to the diseases peculiar to women, they contain much information of the greatest general value, and of special value in all diseased conditions. For that matter, all the chapters preceding this should be understood by every man and woman. Not only do they contain much valuable instruction concerning natural laws, an understanding of which is necessary to every person, whether well or ill, but they will broaden the understanding and contribute to the usefulness and happiness of life. It is impossible for men and women to know too much about themselves and each other.

After the discussion of the general diseases to which the Viavi system of treatment is applicable, will come the hygienic aids employed in the treatment of all the diseases coming within the range of the treatment.

CHAPTER LVIII.

NERVOUS DEBILITY

WE shall consider debility with reference to a general lowering of vigor and nerve force, and with reference to diseases to which it gives rise. Much valuable knowledge on this subject may be gleaned from the chapter on the Nervous System. We shall now discuss some of the prevalent manifestations of a lack of nervous integrity and its consequences; and while much of the chapter is equally applicable to men and women, it is aimed more directly at conditions affecting men. In foregoing chapters we have seen the evil effects of an impaired nervous condition in women, as both the result and cause of their diseases.

Nervous Failures Depicted

On every hand, in every walk of life, and particularly in the higher walks, we find multitudes of men suffering from a deterioration of their powers long before the natural time for that to occur. A man ought to be in his prime between his fortieth and his sixtieth years. Every one of his physical and mental capabilities should respond promptly to any judicious demand made upon it. His ability to enjoy all the wholesome pleasures of life should exist without embarrassing impairment. Instead of that, we too often find him virtually a wreck. Too much of his vital force has been prematurely consumed. At the time of life when he needs great physical and mental strength, vigor and endurance, he finds distressing conditions overtaking him. He discovers himself to be less a man in every sense than he ought to be. Minor, as well as serious, annoyances arise to fill his life with discomforts. He becomes bald, without stopping to reflect that baldness is an indication of impaired nervous integrity. He grows stout without reflecting that obesity is an unnatural and unhealthy condition, and that it seriously interferes with his activity and good appearance. Dyspepsia appears and brings its torments. Hemorrhoids begin to sap his strength and destroy his comfort. His bladder gives him trouble. Neuralgia, headaches, insomnia or rheumatism may add their miseries. Gout may bring him excruciating agonies. Prostatic and other troubles of his sexual nature may completely unman him. Diabetes, Bright's disease, asthma, stone in the bladder and other afflictions may attack him. In short, before he realizes it, he is either a partial or total wreck, certainly an imperfect man, and all of the best pleasures of life are beyond his reach.

Many Causes of Decline

It is easy to find the causes of the premature decay of manhood. At the head of the list probably stands sexual excess. Next in importance comes the use of alcoholic stimulants and tobacco, their evil effects aided by tea and coffee. Next comes overwork, principally mental, and last unintelligent living with regard particularly to rest, sleep and regularity of habits.

A glance will show that every one of these errors represents a direct attack upon the nervous forces. Men, like women, in their younger years can stand, without apparent injury, an incredible amount of abuse; but every irrational act, every unnatural strain upon the vital forces, will be punished in the years to come, and there is no escape whatever. The punishment arrives when the vital forces are beginning to wane and are no longer able to hold out against the unrelaxing demand of Nature for her pound of flesh.

The number of men leading lives that are perfectly rational is very small. That a larger proportion of them do not fail utterly, instead of being only crippled, is because of their inherent strength and the regularity of the habits imposed upon them by the exigencies of their lives. But this strength was not given them to be squandered with criminal recklessness—a fact that they learn with exceedingly bitter regrets in the later years of their lives.

How an Emergency Is Met

It is too much to hope at present that men in their younger years will exercise the wisdom which brings health, strength and content in middle life and old age. Not only are many of them born with a heredity that largely unfits them for the exercise of prudence, but the prevalent methods of their rearing and education fail to give them needed instruction and inspire them with ideals of purity and wisdom. There is the strongest reason for believing that sons born of mothers who have imbibed the philosophy of the Viavi movement will be properly equipped at birth to bear the rational strains of life, and will receive maternal guidance sufficient to make them beware of the pitfalls of youth. That, however, brings no comfort to the great army of men who, having had none of those advantages, and finding themselves now grievously crippled at a time when they should be in full possession of all the rugged qualities of manhood, cast about eagerly, many of them despairingly, for relief. They have consumed their forces in excess of a judicious limit, and are suffering the consequences.

We believe that after studying the practical suggestions contained in this volume they will see a way to secure a large measure of the relief that they so earnestly crave. Their eyes will be opened to many simple truths that appeal to the common sense of all, and that must be understood before any man can exercise wisdom in the pursuit of health.

Unsound Methods Employed

Under a serious and almost universal misconception, that weakness or disease is a special and restricted condition, and that medicine can cure it, incredible amounts of money are annually wasted, and the mind kept closed to the grand truths of health and disease, by resort to medication. If a man finds his hair growing thin, he will generally think first of providing himself with some preparation to "make it grow," ignorant of the fact that his increasing baldness is really a symptom of nervous depletion that extends to every vital element of his nature. He dreads baldness because it is disfiguring or uncomfortable, not because the disappearance of his hair removes a natural protection of great importance to his brain, the central force of his life. If he has rheumatism, it is the cure of rheumatism only that concerns him, for he imagines that rheumatism is a local trouble, and does not reflect that it is merely a symptom of a condition that impoverishes every force of his life. If he has indigestion or dyspepsia, he thinks only that his stomach or his bowels are "out of order," ignorant of the fact that it is merely a specific and local indication of a general weakness that has found in certain organs and functions an inherent predisposition to break down before the others; so he unwisely "takes something," to "tone up" his stomach or bowels, or, what is worse, relieve them of the work that Nature intended them to do and that they must do in order that their vigor may be conserved.

Men Who Read Intelligently

The man who reads this entire volume, including that part of it devoted to the diseases of women, will see running all through it these truths: that disease originating within the sufferer, as distinguished from disease caused by injury from extraneous sources, represents a condition that is not confined to the part, organ or function affected; that treatment directed solely to the local or specific condition is irrational; that health and recovery from disease impose certain obligations upon one's conduct; that Nature is the only agency possessing the power to maintain health and overcome disease; that the only value which any treatment can have is in furnishing the aid which Nature requires where it is evident that the natural powers of the system have lost their inherent tendency and power to overcome disease without assistance; that any resort to haste or violence in the treatment of disease is irrational and futile because unnatural; that as the healing processes of Nature are slow or rapid in proportion to the gravity of the disease and length of time that it has been present, the only rational treatment is one whose time of cure is the natural time; that the whole tendency of ordinary methods of treatment is to ignore those fundamental truths, and to depend upon medicine, surgery and other artificial and violent measures to force results, and to ignore both the healing power of Nature and her resentment of every attempt to thwart her laws or

force her processes; that in consequence of all this, men and women are blinded to the great truths that underlie health and disease; that with the advent of the Viavi system of treatment came the means by which Nature could be furnished with the assistance which she requires to overcome some of the most important diseases that afflict humanity; that the unequalled merit of the Viavi system of treatment lies in the fact that it does offer the assistance that Nature requires, that by means of it recovery from disease is secured by perfectly natural means, that the time of cure secured with its assistance is governed strictly by the natural requirements of the case, and that this time is long or short as the disease is grave or the opposite and as the body possesses the necessary recuperative power.

Profiting by the Knowledge

With this understanding of the philosophy of the Viavi system of treatment (it is abundantly elaborated throughout this volume) readers will be in a position to realize its value in alleviating or overcoming the distressing conditions that have overtaken them. In subsequent chapters the various forms of weakness common to men and women will be discussed. They and the diseases to which they give rise seriously cripple every life afflicted with them, and if neglected may lead to premature death. The important point is that it is highly essential for men and women to understand the origin and nature of disease, to realize its extensive effect and to appreciate the importance of making intelligent conduct serve as an aid to the treatment of disease.

There is no foreseeing the form of disease to which weakness or debility will give rise. With one it may be dyspepsia, with another nervous prostration, with another anything else. All depends upon what part has the greatest inherent weakness.

The subject in which we are particularly interested now is nervous debility. As we pursue it further we shall see how interesting it is, how intimately it is associated with disease, and how a restoration of nervous integrity will produce the happiest results in all directions. Fortunately, there is a form of the Viavi system of treatment for nervous debility, and it is one of the greatest boons ever offered to humanity. It is evident that if the soundness of the nervous system can be restored, conditions antagonistic to weakness, debility and disease are established.

Irritability and Incapacity

The ideal man in business and the home circle is patient and considerate under all circumstances. The man who worries and frets is not a good business man. He is consuming his vital forces rapidly without getting any equivalent. If he is cross and irritable with his associates or employees, he keeps them in a constant state of discomfort or apprehension, and thus cripples their usefulness to

the business. If he is at all times and under all circumstances in perfect command of himself, his judgment will be far clearer, his strength far greater and his influence much more helpful to his associates or employees than if he were nervous and petulant.

A man who is irritable in business is peevish, mean, overbearing, selfish and fault-finding at home. Instead of being the solid rock upon which the happiness and stablity of the home are founded, he is an element of weakness and disintegration. His wife and children fear him and dread his coming. His children leave home, or desire to do so, before they have sufficiently developed to fight the battle of life. He fails to exercise the deep and steadying influence that means so much to the safety of the household.

In business he suffers the loss of an influence whose power is so great, so essential to success. His development is prohibited where it should be progressing. Many a brilliant career has been destroyed by what appeared to be so simple a disease as nervous depression. A man cannot hope to stand with other men in the world if he suffers from a depletion of nerve force.

It was never intended by Nature that a man should be otherwise than patient, composed, strong in his sense of power, competent for every rational strain, ready for every emergency. If he is all that, he is a gentleman; if he is not a gentleman, he has no place in the ranks of men. If he is not, he may know that he is in an abnormal condition, and that every demand is made upon his intelligence to raise himself to the proper standard of manhood.

How Strains Hurt or Benefit

We observe that living things are provided with greater strength than they need for the ordinary purposes of their lives. This is to provide for emergencies, for an extraordinary strain may come at any moment. In building a bridge we provide it with more than sufficient strength to bear its own weight and that of ordinary traffic, for we know that at any time it may become heavily crowded, and that if we do not make it sufficiently strong to bear this heavy strain, it will fall and destroy many lives. This is following a natural law.

Strains of greater or less severity are constantly occurring in the lives of all. The strain imposed upon women in parturition is enormous, and the fact that some of them have not the natural strength to bear it without danger or undue suffering shows that they have permitted themselves to drift from a natural condition. The strains under which a man may come are of infinite variety. There may be a sudden financial panic or crash; a loved one may die; an epidemic may appear; a serious injury may be accidentally received. If he does not have the reserved strength to meet any and all of them, he will go down; and he cannot have such strength if his nerve forces have been depleted. He must be always ready—there is never any knowing when the blow may fall.

The man who bears one strain successfully is thereby rendered all the stronger to bear other strains. This is an application of the familiar principle that the sources of power are increased by exercise.

Middle Age: Its Responsibilities

It is at middle age that the responsibilities of men become the most serious. If they have married and become fathers, their elder sons and daughters are grown. The sons need the wisest advice and assistance in starting life, and the daughters in establishing themselves as new centers of domestic usefulness and happiness. If a man find himself crippled at this time, he is unable to give his children all the help that wise considerations of their welfare demand. If a father's powers fail him at this critical time, or if weakness or debility appear to any extent, or some physical malady overtake him—if, in short, he fall below the standard of the highest manhood—he cannot properly discharge the heavy responsibilities that have come into his life, and whose proper discharge means so much to other lives.

How Morals Are Affected

The normal man, the man whom Nature intended to create, finds wholesome pride and worthy ambition the anchor and inspiration of his life. Within bounds, he is proud of his power to achieve, to overcome, to conquer; he is proud of his victories; he is proud of his wife, children and home; he is proud of his work, business, profession or art. In addition to this natural and wholesome pride, he has an ambition that constantly urges him on. He welcomes obstacles, because his pride will be gratified and his interests advanced by overcoming them. He is proud of his friends and of their admiration of him and confidence in him. As a consequence of the operation of all these influences, he leads a pure and helpful life, and his influence is good in every direction.

If he is not a sound man, if his nerves lack full integrity, or he is weak or diseased, his pride and ambition will be correspondingly weak. His sense of shame will not be so easily outraged. His tastes and appetites will be naturally depraved to a greater or less degree. His responsibilities will not operate so strongly for his good and that of his family, friends and business associates. He will easily drift under the influence of damaging associates and ruinous practices. At first he may suffer remorse for every departure from the ways of a man and gentleman, but gradually he will become hardened by indulgence, and by the same means will become more and more weakened and hence unable to resist. Countless men have thus gone to pieces in middle age. Every man who observes and thinks will see the truth and reason of all these assertions.

The Pleasure of Living

Every normal person, whether man, woman or child enjoys the mere act of living. That is Nature's law, for it is evident that if the opposite were her law, all races

would quickly disappear. When, therefore, we see a person who does not enjoy living—the mere being alive—we may know that there has been a serious and fatal departure from the law. Inability to enjoy life at the highest may rightly be called a disease.

The normal person enjoys not alone the mere act of living, but also the many casual and incidental pleasures that come into life, and in addition pleasures that may be sought. The normal man enjoys his business, his home, his wife and children, his friends; he enjoys the more extraneous pleasures that the talent and skill of others have provided, such as books, paintings, music, amusements and the like; he enjoys pleasures arising out of the gregarious and social nature of his species, such as dinners, banquets and other occasions for social assemblage. He enjoys wholesome sports and games, and must be old indeed to be too old to participate in many of them; he enjoys picnics and other outings that bring him in touch with gentle and bountiful Mother Nature, whose works and beauties are to him exhaustless sources of wonder and admiration.

Natural Love of Pleasure

In whatever direction a man may turn to get instruction from Nature, the great source of wisdom, he will find that love of life and its pleasures is a universal and fundamental law. Among the lower animals and primitive human races we find that no more work is done than is needful to secure sufficient food and comfort; all the rest of the time is given to the simple enjoyment of living. In some cases the struggle for food is hard, either constantly or at certain seasons; but rarely is it so hard but that abundant time is left for pleasure, at one time or another. The higher we search in the scale of intelligence among animals and primitive races, the stronger we find the tendency to seek pleasures additional to the pleasure of simply living. Among savage tribes we find the number and ingenuity of their sports determined by the degree of their intelligence. When we come to civilized races, we observe a marvelous number, variety and complexity of ways for securing pleasure.

All of these are expressions of a natural impulse and desire. Those of us who are inaccessible to their full enjoyment, are imperfect. There are innumerable men who withdraw themselves from these pleasures, not reflecting that their inclination to do so proclaims an internal condition that might well give cause for apprehension.

Great Value of Pleasures

The wisdom of Nature is nowhere more strikingly manifest than in this implanting of a fondness for pleasures. The playful instinct is deeply rooted in the young of all mammals, the evident purpose being that it shall be employed as a valuable aid to development. In adults it serves an equally useful purpose. It introduces a wholesome variety in everyday experiences; it lends a healthful

stimulus to nervous action, and thus promotes mental expansion, good digestion, a free circulation of the blood, full integrity of the organs of elimination, physical strength and endurance, functional activity that is able to resist disease, a cheerful acceptance of the conditions of life as they are found, and added ability to cope with whatever obstacles may present themselves. This law operates with as unfailing certainty in the highest civilized races as in the lowest mammals. Those of us who are outside its operation are imperfect, and fail to receive the benefits that it can bring.

Trying Artificial Stimulation

The stimulation produced by the pleasures of life is natural, and therefore beneficial. No artificial stimulation can possibly take its place, any more than medicine or surgery can take the place of natural laws in the cure of disease. It is in losing sight of this fact that we invite most of the ills that afflict us. Any artificial stimulation is a forcing of natural processes, a violation of natural laws, and punishment for such acts never fails to come. We have the standard artificial stimulants, alcohol, tobacco, tea and coffee, which are bad enough; in addition, a vast amount of human energy is constantly expended in seeking new forms of self-injury. With distressing frequency announcements are made—generally by the medical profession through medical journals—of some new nerve stimulant, some new way of impoverishing, crippling and wrecking the lives of men and women. Charlatans, seeing this mad tendency, profit by it, and foist upon the public injurious or dangerous nostrums for innumerable purposes associated with nervous deterioration. It would seem that unwise and unnatural indulgence in the grosser appetites are sufficiently pernicious and prevalent, without calling upon the resources of science further to poison the bodies and minds of an already crippled public.

Kinds of Natural Stimulus

It is not only the enjoyment of the pleasures of life that gives the natural stimulus so essential to health. It is lent by the pressure of business exactions, by association with helpful friends, by the complex influences of the home, and by the variety that occurs daily in the different directions of mental application. Monotony is one of the most wearing things in life. It is one thing that makes prison life so terrible. Army life in time of peace would be injuriously monotonous were it not for the numerous and frequent diversions that soldiers are encouraged to devise. The man who finds himself drifting into a treadmill life devoid of the variety that the normal man enjoys and that brings him so much benefit, may be sure that something is radically wrong, even though he may suffer no physical distress, and that suffering will be his portion sooner or later. A man's necessities or duties may require hard, long and wearing exertion, but within bounds that will not hurt him if he retain his fondness for wholesome pleasure and variety. It is these that lend to his nervous sys-

tem the natural stimulus that it requires to assure the healthy working of all the bodily functions.

A Fondness for Stimulants

When a man finds that he has become a slave to some artificial stimulant, such as alcohol, tobacco, tea or coffee, and that he suffers discomfort from abandoning it temporarily, he may be certain that something is wrong with him, and that intelligent treatment is demanded. Such fondness may result merely from a careless acquiring of the habit. If so, his realization that he has become a slave to it should inform him that by the indulgence he has established an abnormal condition in his nervous system, and that such a condition is an invitation to weakness, debility or disease. If, on the other hand, the fondness has come as the result of nervous weakness or debility, it means that the appetites have lost their integrity, have become a source of danger instead of help to his economy, and that a depraved craving of the system in one direction is an indication that depraved tastes in any direction are very likely to arise.

In either of these events, the wise man will leave nothing undone to take the fault in hand and overcome it.

Importance of the Affections

It is evidently intended by Nature that the capacity for affection should reside in every human heart, because we know its great value in developing the finer and deeper qualities. The normal man loves or has loved some woman, because that is natural. He has a fondness for children, because he is one of their natural providers. He will want his wife to become a mother, if it is wise for reasons personal to her and the child that she should. He will be considerate of his wife, and will have no inclination to indulge his grosser appetites at the expense of her comfort, inclination, health and affection. He will venerate the worthy aged. He will respect the religious and other opinions and beliefs of his acquaintances. He will have a feeling of sympathy for all mankind. He will be touched by grief, poverty and other forms of suffering in others. He will be kind to all animals, to all helpless things that can feel.

If he is lacking in any of these qualities, he is the less a man, the less a gentleman; and as it is not natural that he should be so lacking, it behooves him to examine himself unsparingly and with the utmost minuteness, find the fault, and seek with all the earnestness of serious manhood to overcome it. If his fault is hereditary, he should aim to prevent its transmission by putting forth a strong effort to overcome it. If it has come, as is most likely, from a deterioration of his powers as the result of his own conduct, he should lose no time in seeking a remedy. The misanthropic, suspicious, cruel, selfish, narrow, intolerant man is an unnatural man, a diseased man. Nature never intended that he should have a place in her wonderful scheme.

The Seriousness of Disease

Other things being equal, a disease is serious in proportion to the extent to which it affects the general economy. The two principal ways in which the general economy is affected by disease are in a disturbance of nutrition and in an extensive impairment of nerve function. Thus, dyspepsia prevents the proper digestion of the food, and hence the system is not properly fed; as a consequence, its strength is not maintained, and hence disease finds lodgment. The effect upon the nervous system in that case is secondary. It should be remembered, however, that dyspepsia would not have occurred if the nervous system had been sound. Hence nervous weakness caused the dyspepsia, and dyspepsia in turn further increases the nervous weakness.

On the other hand, one local disease may injure the nervous system much more than another. In former chapters we have seen why the diseases of women have so serious an effect upon their whole nature; it is, in brief, because the nerves centering in their generative organs are so sensitive and abundant that large and important nerve centers in the spinal cord and brain are affected, these in turn affecting all the rest of the nervous system through the close sympathy existing throughout it.

Men show a similar condition. If there is a weakness or disease of their generative nature or organs, the whole economy, the integrity of the mind itself, is seriously affected.

Significance of Weakness

If a man is weak in his generative nature, his inability to be a perfect man in that respect is the least of the evil conditions that afflict him. As perfect ability in that particular is the center and sign of his manhood, he is the less a man in every respect as he is weak in that one. The extent of such weakness measures his inability to handle all the problems of his life, to overcome the obstacles and bear the annoyances of his occupation, to discharge his duty as husband and father, to exercise his proper usefulness in the world. It is so, to a greater or less extent, with any disease that may afflict him. It is so if he has dyspepsia, or catarrh, or piles.

How Appendicitis Occurs

Appendicitis, a steadily increasing and always dangerous affliction, is traceable to nervous deterioration. The vermiform appendage (appendix veriformis) is a rudimentary closed tube leading out of the cecum, or lower bowel. In the lower animals it is a pouch, in which additional digestion is performed after the food has undergone digestion in the stomach and bowels. The higher efficiency of the digestive powers of the human stomach and bowels has done away with the need of this pouch, which exists in a rudimentary form. If anything is forced into it from the cecum, inflammation, called appendicitis, results. In good health there is hardly any danger of an object being forced into it; but

if the bowels have become weak or diseased, or if constipation be present, small objects, as seeds or fecal matter, may be forced into the appendage. It is unnecessary to dilate on the dangers of the condition which such an occurrence creates. Things go wrong in the human economy only when some weakness exists. If such weakness is present, anything may go wrong. There is no foreseeing what particular form of affliction will appear, because we cannot see which of the organs is weakest. It is the weakest that is first attacked.

Numerous Fatal Maladies

Paralysis, paresis ("softening of the brain"), locomotor ataxia, asthma and palsy are common afflictions among men in middle age and past. Next to insanity, to which they are all closely allied, they are the most dreadful afflictions imaginable. All of them are due directly to nervous debility, and that in turn to irrational indulgences or habits. Palsy, or an unsteadiness of the hand or head, or their slight vibration—the symptoms of the affliction are familiar to all—steadily progresses toward extensive paralysis and death. The paretic—a senile, half-witted, maundering creature in the prime of life—is one of the most wretched and unpleasant objects that sound human beings are compelled to see. A paralytic is an object of pity, and his doom is already sealed; it is a matter merely of the next stroke, or the next, or a steady decay of his mental and physical powers, to bring a miserable death.

All of these afflictions, and many more, proceed from a depletion of nervous force—from nervous debility.

Nervous Debility Overcome

The extent of the good that can be accomplished by the Viavi system of treatment for nervous weakness or debility depends upon the foundation that Nature finds for her building work. The wise course is not to wait until the more alarming symptoms have appeared, but to put the treatment in thorough force at the earliest moment. If the nervous system is thus built up, conditions are established that prohibit the advent of disease, or greatly modify or completely cure diseases that have already found lodgment. At the same time, every phase of life is made brighter when the nervous system is strengthened. There is greater capacity for work, and for good and effective work; obstacles are more easily overcome; the tendency to be irritable is banished; the home, with all the affections and interests that center therein, comes to mean more and to bring added joys; the tendency to drift into pernicious habits is avoided. At the same time, it is incumbent on a man or woman adopting the treatment to live most circumspectly, and to make every act of life contribute to recovery.

How the Treatment Benefits

An understanding of preceding chapters in this volume will render easy of comprehension the way in which the Viavi system of treatment for depleted nervous

forces operates. Briefly, it furnishes needed nutriment for the nervous system directly; it enriches the blood; it establishes normal digestion, by which the food is converted into life-giving nutriment; it makes the circulation full and strong, so that the nutriment is properly distributed and the waste products of the system removed. These are conditions antagonistic to the advent of disease, and to the persistence of disease if it is already present.

The Treatment for Debility

The treatment for debility requires the use of the Viavi liquid and the copious rubbing of the Viavi cerate over body for thirty minutes, particularly over the abdomen, stomach and back, once a day, in severe cases, and the regular use of Viavi Royal, whose remarkable tonic, strengthening and building effects are set forth in a later chapter. Its action is prompt; it at once begins the reconstruction and rehabilitation of the wasted and depleted forces, making one strong, vigorous and hopeful, and lending to life a new and pleasing aspect. One of its great advantages is that the benefits imparted by it are permanent, and that, unlike ordinary tonics and stimulants, no need for its continued use indefinitely is established.

An important adjunct is baths (see Baths), which should be of the kind that the sufferer finds most beneficial. Baths that might be expected to produce shock, such as very cold or very hot baths, are to be strictly avoided, as they are in themselves very debilitating. All stimulants are to be avoided, particularly alcohol and tobacco. If the sudden leaving off of tea or coffee produces great nervous distress, it should be used in steadily diminishing quantities, and finally abandoned altogether; but tobacco and alcoholic drinks are not to be temporized with; they must be dropped at once and forever. Should there be any derangement or weakness of the digestion, the Viavi liquid should be taken in five to ten drop doses, in water, three times a day, twenty minutes before each meal. All other complications should receive similar special care. Thus, if hemorrhoids are present, the treatment for that complaint should be adopted. (See Hemorrhoids.) If the bladder is affected, the treatment given elsewhere for affections of the bladder should be employed, etc. The bowels must be kept regular by the use of the Viavi laxative.

There are additional hygienic adjuncts and special forms of the treatment for men, which will be furnished by the Hygienic Department upon application by letter or in person.

It will be understood that all irritating, wearing or disagreeable influences are to be avoided as much as possible, that the bright side of everything be sought, and that intelligent attention be given to diet, rest, sleep and the regular evacuation of the bowels and bladder. If all these things receive intelligent and faithful attention the sufferer will soon find himself in a condition to enjoy life as it was intended by Nature that he should. The Viavi system of treatment has a wonderful efficacy in such cases.

CHAPTER LIX.

INSOMNIA.

THE chapter on Activity, Rest and Sleep explains the uses of sleep and its relation to health. We shall now discuss an exceedingly important branch of the same subject—insomnia, or an inability to sleep. It is unnecessary to enlarge on the discomforts and sufferings that accrue from sleeplessness; those who are afflicted with it are sufficiently informed on that subject. It is much more important that we discuss the causes, nature and cure of insomnia, and show the incomparable value of the Viavi system of treatment in assisting Nature in the premises. An almost universal lack of knowledge concerning the causes, effects and rational treatment of insomnia accounts for its stubbornness, the great harm wrought by ordinary methods of treating it, and the serious consequences to which it gives rise.

Insomnia may be a disease in itself, or it may come from some other disease. In either event it is one of the worst, most annoying and most injurious maladies that afflict humanity. The great popular error is to regard it as an isolated condition. The truth is, it is a highly complex condition and demands thorough and intelligent attention.

Nature Teaches a Lesson

By observing the habits of the lower animals, we find that insomnia is practically unknown among them. We find this to be true with regard to savages also. Then we rightly conclude that insomnia is a disease of civilization. This means to say, first, that we should not be afflicted with it had we not departed from a rational, or natural, way of living, and hence that a rational way of living lies at the foundation of its cure. We find that when animals want sleep they find no difficulty in securing it; that many of them sleep soundly under what appear to be the most unfavorable conditions—as, for instances, horses, which sleep standing in their stalls. In the case of infants, we see that for several weeks after birth they spend most of their time sleeping.

We all know that sleep is a condition in which recuperation of used-up forces is secured; that it is normally desired when fatigue arrives; that after it the forces of the body are fresh and strong; and that if it is not secured, a feeling of weariness and depression is experienced, often accompanied with pain, such as headache.

Assimilation and Repair

In the chapter on the Nervous System we showed broadly that there is a special system of nerves whose work it is to direct what are called the vegetative functions of the body. This is the sympathetic system. Its forces have to do with nutrition and growth. It takes care of assimilation—the preparation of the food for the uses of the body, and the proper distribution and use of nutriment. Thus we see that it is the most vital part of the system. It is in the closest relations with the higher nervous forces, those that govern motion, thought, sensation and emotion, and it yields to these higher forces when they demand the right of way.

It is impossible for all of the forces of the body to be exercised to their full or even normal powers at the same time. Thus, when the higher forces of the nervous system are in full activity—that is to say, when we work, think or feel—the powers of the lower elements cannot be exercised to their normal extent; the assimilative powers, upon which depend nutrition and recuperation, are not fully exercised, and hence consumption is greater than repair.

When a Halt Is Called

The sympathetic system will yield the right of way to the higher system up to a certain point only, and then it calls a halt and assumes control. It has its own necessities to provide for. It, as well as the higher forces, deteriorates while the higher forces are consuming the general powers of the body. Its recuperative powers are needed for its own health and safety as well as for the health and safety of the higher forces. Therefore, when the consumption of the energy that it has stored up reaches a point when the general economy would suffer if the consumption were uninterrupted, it imposes a demand for sleep, and the higher forces must yield. If they refuse through a perverse exercise of the will, or are unable to yield because of a derangement that places them beyond control, sleep is kept at bay, the sympathetic system cannot do its recuperating work, and a general breaking down ensues. Hence it is exceedingly important that we understand the demands of the sympathetic system and do all in our power to grant them. If we do not, we shall suffer with disease or succumb to death.

Great Resisting Powers

We may illustrate the wonderful resisting powers of the sympathetic, or vegetative, nervous system by observing the effects of a fatal dose of some narcotic—alcohol, for instance. We observe in a case of ordinary intoxication that the victim first suffers in respect to his locomotive and mental powers. He grows unsteady on his feet; his mind is greatly weakened; his special senses are dulled. These conditions become worse until he is unable to move, and unconsciousness supervenes. If he has not taken a fatal amount, he will lie helpless in this comatose condition for a certain length of time. All of his brain and spinal

centers governing his voluntary motor forces, and all the centers upon which thought and the emotions depend, have been overwhelmed by the power of the poison. The sympathetic system, however, keeps steadily at work, somewhat disturbed, but not seriously. It is striving with all its might to throw out the poison, which it does through the lungs, skin and bladder. If it can keep its own strength from being overwhelmed, it will save the life. It is the humble servant of the organization, the one that claims no recognition in the social economy of the system, the one that never makes its presence felt if it is permitted by the higher powers to discharge its duties properly. It is this servant that is now working with might and main, with marvelous intelligence and fidelity, to undo the harm wrought by the higher and nobler forces in taking the poison into the system. It works so long as it can stagger under the tremendous burden, and it yields to death only when it finds that it has been murdered by the higher, but perverted, God-like forces that had been charged with the responsibility of preserving the integrity of the whole organism.

Nature of Sleep Explained

The foregoing illustration explains the purpose of sleep. There is this difference. In the case of the alcoholic poisoning the sympathetic system tries to overcome the evils of a desperate situation; in that of sleep it lays a hand upon the higher forces and says in effect: "Thou hast done enough; thou hast used up all the strength that we can spare. Compose thyself, therefore, and sleep, so that whilst thou sleepest I may recuperate thy strength for further effort." With that it waves its magic wand; a feeling of drowsiness steals over the senses, the eyelids grow heavy, and slumber puts the body to rest.

But what if there is so great a disturbance that the demand cannot be complied with? What if the strain has gone so far that the sympathetic system itself has become weakened, and cannot enforce its demand? What if the assimilative and recuperative powers have been so lowered by injudicious conduct that they cannot make the demand for sleep sufficiently imperative—cannot create an overmastering desire to sleep? Then we have insomnia.

Many Evils of Insomnia

If we cannot sleep, we cannot recuperate; hence both the higher and the lower powers of the nervous system are crippled. Insomnia aggravates all the conditions that created it. It lowers the power of the sympathetic system to enforce its demand for sleep. In doing this, it impairs the assimilative powers of the sympathetic system, and thus the entire system suffers for nutriment. A system afflicted with insomnia is a bankrupt system. Its assets have been ruinously drawn upon and its liabilities piled up. With an impoverishment of nutrition the door of every organ is opened to any disease that may choose to enter.

Meanwhile, the higher powers, those that are generally responsible for

the evil, are impaired, because the sympathetic system is not permitted to repair the waste that they have suffered. Being awake, they keep on working, we may say, on an empty stomach. Even though we lie in bed and are not exercising the voluntary motor forces, consciousness remains, and it is a drain upon the forces of the system. So long as consciousness is present we know that more is being consumed than is stored. We know that blood is going to the brain, bearing nutriment from every part of the system, and that every part is thus being deprived of its due. We know that the tissues of the brain itself are wearing out more rapidly than they are being repaired. We know that no matter how vacant the mind may be, so long as we are awake we are consuming more strength that we are storing. And worst of all, we know that this is a strain that the mind itself cannot bear very long, and that insanity must result. Insomnia is almost invariably present in acute mania. In short, insomnia and insanity are closely related symptoms of the same condition.

Unconsciousness Is Not All

It is in confounding sleep with other forms of unconsciousness that a fatal and very common error is made. The intense longing for sleep leads the ill-informed and the reckless to seek unconsciousness at almost any cost. With many, death is preferable to insomnia, as the statistics of suicide abundantly show. It is feared less than insanity, another of its consequences. The use of drugs to induce a stupefaction resembling sleep, really produces a condition radically different from sleep, and one that is generally worse than wakefulness. It is another application of the law that efforts to force natural processes create a greater harm than the condition that they are employed to better. Narcotics are a form of violence to the brain functions; their effect is that of paralysis, which is the opposite of health and vigor. They create an abnormal condition in the brain—that is to say, a diseased condition.

The only rational course, the only one that can bring healthful sleep, with unconsciousness as an incident of it, is one that brings about natural sleep in a natural way. That is what the Viavi system of treatment for insomnia does.

Some Causes of Insomnia

If some general or special weakness develop in the brain, the harmonious action of that organ is disturbed. A number of phenomena may result, including paralysis, insanity, loss of memory, insomnia, etc. The cause of the condition producing those effects may be an injury to the head, the rupture of a blood vessel in the brain, or deterioration of the brain substance (as in paresis). More likely it has come from undue mental strain or a derangement of the nervous system from some disease or some habit of life. Anything that throws deleterious elements into the blood or that interferes with assimila-

tion may cause it. Fevers, indigestion and the like are causes. Any disease of the internal organs may bring it on. The habitual use of alcoholic drinks will almost inevitably produce insomnia. Bitters, tonics and other medicines containing alcohol will have a tendency to cause it. One of the most prevalent of all causes is the habitual use of tea or coffee. Tobacco is probably as bad. Extreme physical exhaustion may bring on a temporary attack. That common malady known as "nervousness" is the direct cause of most cases of insomnia, but nervousness is a disease. Weakness or disease of the generative organs of either sex induces insomnia.

How to Overcome Insomnia

If there is any error in the sufferer's conduct, the first thing to do is to correct it. If there is worry, anxiety or overwork, it must be stopped; no cure is possible unless that is done. The diet should be made as simple and wholesome as possible, and the stomach given just as little work as is compatible with strength and comfort. The use of tea, coffee, tobacco, sedatives and alcoholic and other stimulants must be abruptly and permanently abandoned. No matter what discomfort may arise from stopping their use, the reward will immeasurably overbalance it. Under alcoholic stimulants may be mentioned brandy, whisky, wine, beer, ale, porter and all bitters and "appetizers" containing any of those ingredients. Abundant exercise should be taken every day in the open air. A sun bath (see Sun Bath) should be taken twice a week. The habits must be made perfectly regular, with regard particularly to evacuating the bowels every morning; this is highly essential, as constipation or other irregularity in this regard poisons the blood and through it the brain tissue.

Viavi Treatment for Insomnia

If there is indigestion, the Viavi liquid should be used, in five to fifteen drop doses in water three times a day, about twenty minutes before each meal. If constipation is present, the Viavi laxative should be employed. The Viavi Royal will be beneficial in all cases. If there is any disease for which there is any form of the Viavi treatment, it should be cured by employing the proper Viavi treatment for it. The bed should be sought at a regular hour every night (see chapters on Regular Habits, and Activity, Rest and Sleep.) Before retiring have the Viavi cerate rubbed, for at least twenty minutes, into the skin over the whole length of the spine, and over the abdomen and chest.

Then take a hot bath lying in the water fifteen to thirty minutes, and being gently rubbed with the bare hand while in the water. After the skin becomes red, stand in the hot water and spray or sponge the body quickly, about one-half a minute, with cold water. Rub the body dry and go to bed. The cerate is readily absorbed, and as it is a wonderful food for the nerves, it assists Nature to put them in a condition to perform all their functions; upon the healthy performance of these functions depends every condition

favorable to health and antagonistic to disease. This treatment will very likely produce sound and sufficient sleep the very first night. It should be persisted in, however, for several months, until permanent nervous soundness is established.

If the case prove refractory, the rubbing in of the cerate should extend to the legs throughout their entire length.

A good night's rest often follows the use of a cold compress over the region of the spine. (See Cold Compress on Spine.) This compress may be employed every night or every other night before retiring.

Another very excellent hygienic measure in conjunction with the use of the Viavi system of treatment is the cold spinal douche, taken at night just before retiring. (See Cold Spinal Douche.) The cold compress or cold spinal douche directs the nerve force into other channels, and helps as well to equalize the circulation.

Practices To Be Avoided

Sufferers from insomnia will see floating paragraphs in the newspapers making all sorts of suggestions to overcome their affliction. Some of these purport to come from eminent physicians. Among the suggestions thus found the following may be mentioned: Counting numbers; counting an imaginary band of sheep jumping over a fence or hedge; breathing deeply, so as to aerate the blood more freely, and thus rid it of obnoxious elements; depressing the carotid arteries, to diminish the flow of blood to the brain. It will be seen that all of these absurd devices impose work upon the brain—attention and effort—whereas perfect mental indolence is eminently desired. They have no effect whatever in overcoming some habit or disease that may have caused the insomnia, but are harmful because they divert the mind from the true character of insomnia and from intelligent efforts to overcome it. Insomnia is a symptom of a serious derangement of the entire system, and it cannot be cured until that derangement is corrected. At the same time, intelligent control of the mind's drift in bed is advisable if there is present some cause for worry. It should be remembered, however, that hardly anything can worry a perfectly normal mind to a point that renders sleep impossible. On the contrary, worry will have a tendency to produce a condition of exhaustion that is promotive of sleep, if the nervous system and brain are healthy and the body sound. Even the bitterest grief or remorse, or the worst apprehension, will not keep a perfectly sound person awake beyond a wholesome limit. If we find ourselves lying awake and worrying, we may know that it is not the worry that is keeping us awake, but the condition of the brain and nervous system. At the same time, if the mind, by an easy effort of the will, can be diverted from unpleasant subjects, it is well to have it do so. All constructive thoughts, however, must be avoided. We must not work out a plan of anything; we must not

try to follow out any train of thought. It is better to let the mind drift into unpleasant thoughts than to do that. In time, under the Viavi system of treatment, worry will disappear as the health or the brain and nervous system is secured. All the conditions that promote healthful sleep will be thus naturally produced, and will therefore be permanent.

Cases Yielding to Treatment

Were there room, an interesting chapter might be given on the many thousands of cases of insomnia that have been overcome by means of the Viavi system of treatment. The gratitude of those who have received this blessing is profound. When it is seen that the Viavi system of treatment is perfectly natural, that no effort whatever is made to force natural processes, and that the cure is effected by Nature with intelligent human assistance, the lack of a need to introduce cases showing a cure under the treatment is evident. Only one will be mentioned—that of a woman, although the treatment is just as efficacious with men.

A woman had suffered with insomnia for a long time. She had rarely slept more than fifteen minutes during the night, unless something was taken to deaden the senses. She was greatly depressed. A complication of troubles existed, all of which were gradually overcome under the Viavi system of treatment, the sleeplessness included. Nothing whatever was used to deaden the senses and render the patron unconscious, but the treatment was directed to assist Nature to overcome the abnormal conditions upon which the insomnia depended.

CHAPTER LX.

HEADACHES.

THERE is no form of suffering so universal as headache. It is no respecter of persons, attacking the rich and the poor, young and old, male and female, alike. Only one class of human beings are exempt and they are the healthy and robust. Many persons are rarely free from pain in the head, the degree varying from a slight annoyance to intense suffering. The vital mistake commonly made with regrad to it is that it is a special and local condition instead of what it really is, a symptom of something deeper and more important. In consequence of this, sufferers constantly dose themselves for headaches, taking something to stop it instead of seeking to overcome the condition that causes it.

The Injury From Headaches

Many are perfect martyrs to headaches. Half their time or more is passed in suffering, until mentally and physically they become unfit for domestic, business or social duties. A headache of any kind is a serious trouble, but repeated attacks of severe headaches become a serious menace to health and often to life, independently of the cause or origin. From it the nerve centers become exhausted, and a general weakness gradually creeps over the sufferer, and from it the whole system in time becomes permanently impaired. Every headache leaves the patient in a worse condition, until there is a giving way both physical and mental. If the sufferer is in doubt as to the cause of the headache, correspondence with the Hygienic Department of the nearest Viavi office should be resorted to. Each case will be given careful attention until the cause of the headache is not only found, but overcome.

The various kinds of headaches receive their names from the conditions causing them, as rheumatic, neuralgic, bilious, sick (stomach), sun, nervous, congestive, malarial, gouty, menstrual, ovarian, uterine, uremic, hysterical, periodical, etc.

The Harm Done by Drugs

It should be remembered that headache is pain, that pain is notice to the intelligence of the presence of an abnormal condition somewhere within the body, and that

deadening the pain does not remove the condition. Palliative measures to deaden or relieve the aching will never remove the cause nor permanently cure the ache. A cure must be through natural measures employed for the express purpose of restoring lost function to the part or organ impaired. Drugs that will stop a headache have a doubly pernicious effect. They not only direct the mind from the cause of the suffering to the suffering itself, and thus prevent the use of intelligent means of curing it, but they are all either deadening or stimulating, and thus attack the integrity of the vital forces at their very center, increasing the evil that the headache represents.

The Cause Must Be Found

Many illustrative cases of both men and women might be given showing patrons who had suffered for years from various kinds of headaches and who have been cured by means of the Viavi system of treatment, but space permits of but few. We wish the patron to ascertain the cause, if possible, and not dwell upon one painful and prominent symptom remote from the seat of the trouble. When the head aches at the menstrual period it is a headache that must be overcome by proper treatment of the uterine organs; if it is a bilious headache, the liver trouble must be overcome; if a sick headache, the stomach must have attention; and so on. A careful study of the diseases of various organs given herein will enable any one to remove successfully and permanently the exciting causes of the various kinds of headaches.

Cure of Nervous Headache

Nervous headaches will yield to the Viavi system of treatment, but to give an intelligent understanding of the way in which the cure is accomplished we refer the reader to the chapters on the Nervous System and the Back. Many women are in such a condition of nervous collapse that going down to do a little shopping, or take a short drive, will be sufficient to start a severe nervous headache, from which complete prostration perhaps for days will result. While the head is aching little can be done in the way of curing, but the treatment that will cure the headache is to feed and build up the whole system sufficiently with Viavi, so that the sufferer can stand the wear and tear of ordinary life without suffering martyrdom from any little exertion.

So many cases of nervous headache have been cured by means of the Viavi system of treatment that it is difficult to make a selection. That of M. W. may be cited. She had suffered from many years with pain in the back of the head, the neck and the spine. She was entirely and permanently cured under the Viavi system of treatment.

Sick Headaches Overcome

Sick headaches come from a deranged stomach. This organ demands, as is shown by the repeated attacks of pain in the head, and by nausea, rational treatment and

natural assistance to enable it to perform its function of properly digesting the food. When such assistance is given the stomach, the headaches will cease to appear. When sick headaches are caused by gastritis (cataarh of the stomach) the Viavi liquid and cerate are advised. (See Gastritis elsewhere.) If from dyspepsia or indigestion, see chapter on Diseases of the Stomach.

An interesting case of this kind, cured under the Viavi system of treatment, was that of Mr. F. T. K. He had suffered for twenty-five years with indigestion, sick headache and attendant ills. The attacks of headache were often so severe as to wake him from a sound sleep, continuing from six hours to twenty-two days. For eighteen months in 1891-2 he was completely disabled, and spent a great deal of money for relief, to no avail. He secured permanent relief by means of the Viavi system of treatment.

Similar results were secured in the case of Mr. G. H. T., who for several years had suffered with stomach troubles and headaches. The least exertion would cause a cold sweat to start all over him, and he was so weak at such times as to be unable to stand. Every means that he employed failed to produce satisfactory results until he took a course of the Viavi system of treatment, which brought a perfect cure. He was fifty-seven years of age, and regained a keen appetite and an ability to attend to his affairs perfectly.

Similar cures have been effected in thousands of other cases of both men and women.

Cure of Ovarian Headaches

Ovarian headache can be cured only by restoring to the ovaries a healthy condition. (See chapter on Inflammation of the Ovaries.) Although the pain is experienced in the head, it has been transmitted from the ovarian nerves; hence the treatment must be directed to the source.

Among the many cases of headache arising from ovarian troubles and thoroughly cured by means of the Viavi system of treatment was that of Mrs. E. W. She had suffered for fifteen years with anteversion and ovarian troubles, and had been unsuccessfully treated by a number of eminent physicians. She secured a perfect recovery of her displacement and ovarian trouble, and with their cure her headaches disappeared.

Another case was that of Mrs. O. E. R. Her trouble was of ovarian origin, with irregular menstruation and severe pains, including a burning headache, and a soreness of the lung that prevented her lying on the right side. She secured a perfect recovery of her ovarian disease under the Viavi system of treatment, and all other unpleasant accompaniments, including the headaches, left her.

Many other cases of headache from irregular menstruation, leucorrhea, laceration of the cervix, etc., all of which disappeared upon a cure of the diseases causing them, could be cited. As women are the greatest sufferers from

headache, the Viavi system of treatment is a boon to them on that account alone.

Cure of Menstrual Headaches

Menstrual headaches occur at the menstrual periods. They indicate that this function is abnormal; hence to cure a menstrual headache the menstrual anomaly must be overcome, whatever it may be. (See chapter on Menstruation.) Then the menstrual headaches will disappear.

Headaches arising from irregular menstruation are so common and familiar that it is unnecessary to give instances of their cure from overcoming the menstrual difficulty. The efficacy of the Viavi system of treatment in assisting Nature to cure menstrual troubles, and with them all the reflexes to which they give rise, is one of the most firmly established features of its worth.

Other Kinds of Headaches

In congestive headache, where too much blood has centered in the blood vessels of the brain and head, the feet are to be placed in water as hot as can be borne, while a hot-water bag should also be placed between the shoulders or at the small of the back, and all such hygienic measures employed as will draw the blood from the head to other parts of the body. A cold compress on the head and forehead will prove grateful, but to effect a cure the whole nervous system must be strengthened by an intelligent use of the Viavi system of treatment, as through the nervous system alone can the blood supply be regulated. (See chapters on the Nervous System, the Circulation and the Forms of Viavi.)

Bilious headaches are caused by a deranged liver. This organ gives various demonstrations, besides the aching of the head, of its inactivity, such as a bad taste in the mouth, bilious vomiting, bilious diarrhea, or a constipated condition of the bowels, a sallow skin, etc. For treating diseases of the liver, of which bilious headache is but one symptom, the reader is referred to the chapter on Diseases of the Liver.

For the treatment of rheumatic headaches, see the chapter on Rheumatism.

CHAPTER LXI.

OBESITY.

OBESITY—extreme fatness—is just as distinctly a disease as consumption, diabetes, insanity or any other disease. This point is insisted upon, for the reason that obesity, in spite of its disfiguring and distressing effects, is by many regarded as a sign of uncommon good health. This is because corpulent persons of both sexes often have ruddy cheeks, whereas we generally associate disease with pallor and a wasted appearance. Yet obesity is a disease, and a very common one; nevertheless, while it is known to be such by the best-informed persons, it receives hardly any general attention as a disease. We see uncomfortably fat men and women sometimes resort to measures for the "reduction of the flesh" because it is uncomfortable and renders them ungainly; but it is rarely that they recognize it as a disease and strive to overcome it for that reason. If they should understand that it is a disease, and one that, besides bringing great distress, is leading them inexorably to premature death, they would have a stronger incentive to cure it, and would secure better results in treating it. The Viavi movement recognizes and treats it as a disease; in curing the disease it removes all the discomfort, suffering and ungainliness to which it gives rise.

Women the Chief Sufferers

There are less than half as many fat men as fat women. the reason is that men as a rule live more rationally than women; hence the inference that the disease is, in large part, brought on by unwise conduct, as most other diseases are, though in many cases obesity is hereditary. We often see it running in families and appearing very early in children.

Among the causes making so many more women than men obese are these: Women as a rule wear shoes and other garments (including tight corsets) that prohibit, impair or render undesirable the free, abundant and enjoyable exercise that the body requires for health. They restrict the circulation and other vital processes by tight corsets or other garments, thus aiding the processes that store fat and hampering those that eliminate it. By tight lacing they reduce the expansion of the lungs, in this way producing the same results.

They are more inclined to lead sedentary lives, which are naturally productive of fat—animals to be fattened for slaughter are always deprived of their freedom. Women generally eat far more abundantly of fat-producing food, such as cake, candy, bonbons and other starchy and sweet articles. Irregular or suppressed menstruation is a prolific cause of obesity, and removal of the ovaries may be expected to have the same effect.

Acute or Chronic Obesity

Like other diseases, obesity may be either acute or chronic. It often accompanies convalescence from some infective disease, and may pass away with complete recovery of the strength. In such cases it is generally mistaken for a favorable indication, when it is evidence merely of weakness. Generally obesity is found in the chronic form and has come on slowly. Like all other chronic diseases, it is obstinate, and the laws governing its cure are similar to those operating in the cure of other chronic diseases. Like all other chronic diseases, it is steadily sapping the vitality and shortening life. It rarely kills outright, but by constantly eating into the natural disease-resisting powers of the system goes forward in its work to a point where some vital organ or function breaks down. When a vital disease is developed in such cases the sufferer is likely to lose flesh and die emaciated. The fact is then generally lost sight of that obesity was the cause of the fatal disease. This is the case in many other diseases that are rarely charged with the death and that therefore are neglected.

What Constitutes Obesity

Grown persons of medium height are said to be in the first stages of obesity if they weigh from two hundred to two hundred and twenty pounds. If the weight rises above that, the condition is more serious. When, therefore, we see a fat man or woman in a museum, we are beholding a person in an advanced stage of the disease.

The foregoing rule with regard to weight is very unreliable. Not every person is of medium height, and a woman may be obese at a much lower weight than a man. The best rule is to ascertain if the amount of fat (generally miscalled "flesh") goes beyond the ordinary standards of symmetry and comfort, or if it impedes freedom of movement and produces shortness of breath from exercise. If the slighest discomfort in any of these respects is noticeable, we may know that the disease has gained a foothold, and that it will lead to serious results unless taken promptly in hand. Like other diseases that slowly come on and firmly establish themselves, there is no tendency to a spontaneous cure. On the contrary, the tendency, as in all other chronic diseases, is for the condition to grow steadily worse. After it has thus progressed for years, and then begins to disappear, it is a safe assumption that some vital disease has attacked the body as the result of the obesity, for the reason that after about the fortieth year the natural powers gradually wane

and thus lose more and more of their ability to resist diseases invited by weakness of any kind. The one safe course with obesity is to take it in hand at the earliest possible moment, and persist in treatment and intelligent living until a cure is effected, and until the cure is so well established that there is no danger of a recurrence of the disease. Under the ordinary systems of treatment such a thing as a permanent cure is rarely attempted or expected. The main idea with them is to "reduce the flesh." The idea of the Viavi system of treatment is to cure the disease, and cure it permanently.

Why Some Fat Is Needed

The normal amount of fat in a healthy person is about one-twentieth of the whole weight. Its principal natural purpose is to serve as a reservoir of food in case the ordinary supply from outside sources should happen to be seriously diminished or completely stopped. That is to say, if we should find ourselves without sufficient food or any at all, there would be nothing to keep our vital organs at work—nothing to keep us alive—unless a considerable amount of nutriment were stored within our bodies for just such an emergency. Our bodies then draw upon this store and thus keep alive until we haply secure food from outside sources. An illustration of similar wonderful provisions of Nature was shown in the last preceding chapter, where it was pointed out that she has provided us with a reserve vital force sufficient to meet severe and unexpected strains, and that unless we have conserved this force we give way when the strains come. Persons in comfortable circumstances, and keeping within civilization, rarely are required to call upon their reserve of fat for temporary sustenance, though the very poor frequently are. Still, an accident may happen at any time even to those most comfortably situated. There may be a serious injury to the digestive tract that temporarily suspends the digestive function, or a violent attack of gastritis. There are numerous ways in which it may become necessary to call on the reserve store of fat.

How the Fat Is Distributed

The fat cells are united by connective tissue, a structure that exists throughout the body. The fat may be more or less evenly distributed, or appear in greater abundance in some parts than in others. Thus, the abdomen of a man and the thighs, abdomen and breasts of a woman are most likely to be the receptacles of fat. In such cases it lies in greatest abundance immediately under the skin; but it also penetrates the muscles, filling the sheathes in which their smaller and large bundles are enclosed, and investing all the internal organs, the heart being the greatest sufferer, the kidneys next, and the spleen, stomach and bowels next. In some persons it pouches out the cheeks; in others the cheeks remain thin. In extreme cases it hangs in folds from the abdomen and the under part of the arms. In all cases it is disfiguring. When it invades the face and thickens the eyelids, ears and nose, it destroys all semblance of good

looks. Its distribution is determined by the peculiarities of the individuals.

Some Causes of Obesity

We have already called attention to the fact that more than twice as many women as men are fat, and given the reasons. There are causes of a general nature that produces fat in both sexes. The digestive system derives fat from the fatty, starchy and sweet foods that we eat, but more from the starchy and sweet than from the fatty. Thus, we get more fat from such articles as bread, potatoes and sugar than from fat meat. Acid dyspepsia (sour stomach, heartburn) is a very common cause of obesity.

Nature provides that the system shall be constantly getting rid of the surplus fat that is always being stored, by furnishing the tissues with the power to oxidize the fat and pass out its elements through the organs of elimination—the skin, lungs, bowels, etc. When this oxidizing power weakens through a loss of integrity of the nervous system, the fat accumulates. Hence anything that lowers the oxidizing power of the tissues causes an accumulation of fat. One of the commonest practices producing that condition is the use of alcoholic drinks. The oxidizing power of the tissues is greatly stimulated by exercise; hence sedentary habits prevent the operation of a natural stimulant (exercise) that increases this oxidizing power, and an accumulation of fat is the result. Excess in eating and drinking accounts for nearly half of all cases of obesity. Nervous disorders produce many cases.

The Consequences of Obesity

Obesity loads the vital organs with a burden that they were not intended to bear and that they cannot bear without serious injury. The pericardium, or covering of the heart, becomes packed with it, and hence the freedom of the heart's action is impaired. In this way the circulation of the blood is interfered with at its very source. The substance of the heart itself is invaded, and it becomes large, heavy and unresponsive. Obese persons usually have a slow pulse. The whole cavity of the body becomes packed with fat, so that much of the space intended to be filled by the lungs in breathing is occupied, with the result that the purification of the blood is imperfect and the nutrition of the blood disturbed. The massing of the fat about the stomach and bowels interferes with digestion and cripples the peristaltic action of the bowels, which is designed to keep their contents moving on. In young girls it generally renders menstruation irregular. It greatly impairs the sexual appetite of both men and women, but women more than men. By filling the pelvic cavity it prevents the free movements of a woman's generative organs, so essential to the healthy condition and function of those organs. By crowding upon the glandular structure of the breasts, it causes that structure to diminish in volume, and thus reduces the milk-giving capacity. It often produces a feeling of suffocation, some extremely corpulent persons finding it impossible to lie

down. It causes muscular weakness that produces an incapacity additional to that caused by the heavy and unnatural burden imposed upon the muscles. It often gives rise to bleeding piles. It causes a stagnation of blood in the intestines. It interferes generally with that action of the walls of the blood vessels which keeps the blood in free and constant motion, and this leads to varicose veins. There is a bad odor from the body, due to the imperfect oxidation of the fat. Heat is exceedingly oppressive and debilitating. The sweat is copious and disagreeable. A condition of anemia is induced, and eruptions on the skin may ensue. A sufferer may have all or only a certain number of these afflictions and discomforts.

How to Regain Health

It is evident that in beginning the treatment of obesity two important things have to be attended to—diet and exercise. At the same time, great caution must be exercised. It is not sufficient to reduce the fat; the conditions producing it must be reached. Hence all the strength of the system is required, and for that reason plenty of nourishing food is demanded. To reduce the fat by any means that impair the strength is to augment the unhealthy condition producing the fat, and to lead to more serious complications. Hence to reduce the quantity and quality of the food to a point where weakness is induced is to aggravate the evil. Less than half the persons who are obese eat too much; ten per cent. of them eat less than is required by a normal person. Over a third of the cases are due to a lack of exercise. Then, the first thing to do is to be certain that there is not too much eating; but it is equally necessary that there should be sufficient eating. The next thing is to take regular exercise, in amount just short of exhaustion, and to increase it from day to day. These precautions are essential.

It should be borne in mind that once the weakness producing obesity is removal, and a normal condition established, the conduct of the patron may be that of a normal person. That is what the Viavi system of treatment assures. Hence after a perfect cure has been effected the rules of conduct to assist in overcoming obesity need not be persisted in, so long as slothfulness, overeating and other irrational acts are not indulged in; if they are, the conditions producing fatness will return. After a cure it is required merely that a person shall exercise the prudence and common sense that normal persons must exercise to keep well.

Foods Used and Avoided

The system known as Banting for the reduction of fat has proved highly injurious, as it contemplates the withholding of food of sufficient quantity, variety and value. The use of vinegar and other free acids as a remedy is highly injurious. The great fat-producing foods are bread, potatoes and sugar. Therefore potatoes and sugar should be abandoned. If bread is toasted, its fat-making properties

are largely destroyed; hence the bread should be toasted, or only the crust of the loaf eaten. All pastries, sweetmeats and alcoholic drinks must be strictly avoided. Tea and coffee should be drunk without sugar. Meat, fat and lean, may be eaten in moderate quantities, and butter also. Soups are not recommended, as they are mostly liquid, which, besides probably aiding the fat-storing process, dilutes the gastric juices and thus retards digestion. All liquids at meals should be avoided, unless a very small cup of unsweetened tea or coffee is found necessary. It should be drunk after the meal is finished. Cabbage, beans and peas may be used, but sparingly. Fish, eggs, fresh vegetables and fruit may be used freely. Fowls and game may be employed for variety. Oranges are the best fruit. Meat should be well cooked, and either boiled or roasted, and from four to six ounces may be eaten at dinner, mostly fat. The heartiest meal should be in the middle of the day. Water may be taken moderately between meals.

The Treatment for Obesity

A bath should be taken once a day, the kind most agreeable to the patron being best. After the bath and a vigorous drying with a rough towel, the Viavi cerate is to be rubbed thoroughly and extensively over the body, particularly on the abdomen, chest and back. It should be rubbed in, not merely rubbed on, and much strength and vigor should be put into the work. If there is any sluggishness of the bowels, the Viavi laxative should be used; if indigestion is present, the Viavi liquid, five to ten drops in water twenty minutes before each meal. The Viavi Royal should be taken in all cases. If hemorrhoids are present, the Viavi suppositories for that affliction are to be employed.

It will thus be seen that no hardships on the score of diet are imposed, and that the details of the treatment are all simple. The skin readily absorbs the cerate, and by restoring the oxidizing powers of the tissues enables them to eliminate the fat. While the fat is thus being removed, the nervous system is being built up, the blood fed, the circulation rendered normal, the digestion healthy, and the strength of the organs of elimination restored. For these reasons the cure is permanent.

There should be no impatience in carrying out this treatment. The sole object is to remove the condition producing the excessive fat. By this treatment the fat is not worked upon directly, as it never should be. It is only by removing the conditions causing it that it can be properly disposed of. When healthy conditions are established the fat will disappear. The length of time for the cure will depend altogether upon the condition of the patron, the length of time the disease has been present, the patron's age, and the intelligence and thoroughness with which the treatment is persisted in. The Viavi system of treatment imposes no strain on the vital forces, but on the contrary overcomes the disease by lending to Nature the power to establish natural conditions.

Chapter LXII.

AN OFFENSIVE BREATH.

THERE is hardly anything so offensive in the physical condition of a person as a tainted breath. Unfortunately, most persons thus afflicted are unaware of their condition. Every one should have a friend who may be relied upon to be perfectly candid in reporting the presence or absence of this condition, and care should be taken to see that the friend performing this valuable service has an acute sense of smell. The strongest ties of friendship are often broken by the presence of this affliction. It has weakened the affection of many a married couple, caused the estrangement of many a lover and the maid of his choice, and erected a barrier between many a child and its parents.

The important thing to be borne in mind is that an offensive breath represents an abnormal, unwholesome or diseased condition. Most persons thus afflicted employ some absurd odorous substance to conceal their offensive breath, when they should be finding and overcoming the cause. Fragrant dentifrices cannot cure an internal disease.

Causes of This Affliction

Decayed or badly cared for teeth receive more blame for this disgusting affliction than they deserve. If the cause is so simple as that, a tooth brush and a dentist can easily overcome it. If the teeth are not kept perfectly clean the food lodging upon and between them will decompose. Antiseptic and genuinely cleansing tooth washes are much better than those that depend upon a perfume for their popularity.

A much commoner cause is a catarrhal condition of the air passages of the nose and head. If this condition extends to the bronchial tubes, producing a low form of chronic bronchitis, a bad breath is inevitable.

The most frequent of all the causes is probably impure blood. The function of the lungs is to aerate the blood and thus remove its impurities, which are cast out with the breath. In a normal condition of the system these impurities are not offensive; on the contrary, the breath of a perfectly healthy person is pleasant, as all who have handled healthy infants are aware. In a

healthy person the impurities cast out by the lungs are impurities only in the sense that if retained they would be injurious to the economy. They are, like dirt, merely "matter out of place," and are not disagreeable to the senses. It is very different with impurities coming from unhealthy conditions. Such impurities generally represent decay or decomposition, and are offensive to our senses for the same reason that a decomposing dead animal is. Hence we realize that when we find an offensive breath arising from disgusting impurities of the blood, we have an important symptom of a serious condition that calls for intelligent treatment.

How Impurities Originate

In a catarrhal condition of the air passages of the head and chest, inflammation is present. This is a diseased condition of the mucous membrane of those passages. Some of the products of the disease are forced to the surface, where they are taken up by the breath, and others are absorbed by the blood, to be cast out by the lungs. How to overcome this disease and its unpleasant symptoms is shown in the chapter on Catarrhal Conditions.

Any disease may load the blood with impurities, and hence may cause an offensive breath. Some diseases seem to have a more evident effect in that direction than others, and the reasons seem clear. In constipation, for instance, the fecal matter is unduly retained. As the forces of the system are not adequate to get rid of it in the normal way, through weakness of the intestines, the blood is set to work to get rid of as much of it as possible. It absorbs the liquid parts of the fecal matter and distributes them throughout the system. The lungs send it out through the breath, and thus the breath is tainted. It is evident, therefore, that if the constipation is cured, as it is so easily by means of the Viavi system of treatment, the foul breath to which it gives rise will disappear.

Dyspepsia and other forms of indigestion, both of the stomach and bowels, will give rise to decomposition of the food. This is the origin of very offensive products, gaseous, liquid and solid. They find their way into the circulation, and are thus sent out by the lungs, tainting the breath. The Viavi system of treatment for indigestion (which see) completely overcomes the trouble.

If Nutrition Is Deranged

Any fault of nutrition is likely to cause a tainted breath. Such a fault exists in all forms of impaired digestion, and in nervous disorders. (See chapter on Nervous Debility.) Whether the nervous disorder arises in the nervous system or is produced by disease of the organs or derangement of their functions, nutrition is disturbed and an offensive breath may be the result.

If such organs of elimination as the skin, the kidneys, etc., are unable

to perform their share of the work through weakness of the nerves controlling their activity, their duties are thrown upon the lungs, which are thus required to get rid of the sweat, urine, etc. These elements taint the breath.

In short, an offensive breath offends the mind as well as the sense of smell. It represents a condition of internal disease or uncleanliness. One reason why it is so offensive is that it is poisonous to those who inhale it from others.

A healthy menstrual function accompanied by cleanliness of the person cannot be detected by a very acute sense of smell, but the unhealthy period not only betrays the presence of the function by the odor of the discharges and of the invisible perspiration of the body, but most prominently in the odor of the breath as well. We know of one very eminent dentist who refuses to work upon the teeth of menstruating women. Both men and women should always remember that a bad breath always betrays the presence of an abnormal condition of the body, sometimes to a most disgusting extent.

The Treatment for Bad Breath

In this affliction the Viavi system of treatment contemplates a discovery of the cause and then seeks intelligently to assist Nature to remove it. If through the kindly offices of a trusted friend we find that we have an unpleasant breath, and are not aware of any abnormal condition within the system, we may know that the bad breath is positive evidence that some abnormal condition exists, and we should proceed at once to search it out and overcome it. Generally this is an easy task. Perfect digestion, freedom from headaches, nervousness and constipation and regular and healthy action of the bowels and kidneys will very likely assure a sweet breath. The Viavi system of treatment for assisting Nature to establish perfect health in these and many other particulars will be found in its proper place in this volume.

CHAPTER LXIII.

VARICOSE VEINS AND ULCERS.

A VARICOSE condition of the veins is one in which the walls of the veins have become relaxed and overdilated, in consequence of which they are holding an abnormal quantity of venous blood. The term "varicose veins" is restricted in general use to the veins in the extremities, especially the lower extremities.

The veins in this part of the body possess valves, which are formed from their inner coat, or lining. These valves support the column of venous blood as it ascends, and prevent its running downward, just as the valve in a pump prevents the water from passing downward. These valves are very numerous in the veins lying near the surface, especially in the lower extremities. In the veins of the liver and the rectum there are no valves; this fact has an important bearing upon the development of piles, or hemorrhoids. (See chapter on Diseases of the Rectum.) If the portal (abdominal) circulation is impeded, there being no valves to support the column of blood, the vessels dilate; this condition in the rectum is known as hemorrhoids, or piles.

When the veins near the surface of the skin become greatly dilated, the circulation is rendered sluggish and is carried on by the deep veins, but it occasionally happens that the deep veins are first affected. This brings about a deplorable condition.

Many Conditions Observed

Varicose veins begin by a slow dilation of the veins. This gradually progresses until they become enlarged in calibre and tortuous (crooked). The normal lining membrane of the vein becomes altered and the valve shortened, or the valve is not sufficiently long to close the overdistended vessel; hence it becomes unable to retain and support the column of blood. Varicosity of the capillaries frequently appears upon the surface of the skin like the roots of a tree. When the larger vessels are involved the veins become dilated, tortuous and knotty, standing out boldly above the level of the skin. Sometimes the vessels burst when the walls become thinned, and serious and even fatal hemorrhage results. Instead of the veins standing out boldly above the skin level

there may be a slow, gentle exudation, or oozing, into the surrounding tissues of the limb; this causes it to become edematous, or dropsical. It does not appear as an ordinary dropsical condition from obstructed venous return, but the skin has a solid, non-resisting, white, marble-like appearance and does not pit under pressure. An eczema, or eruption, may develop when such a condition is present. If the eruption is permitted to progress without any treatment, it will degenerate into a superficial ulcer, which will become chronic and frequently extend down into the tissues, and thus give rise to stubborn "varicose ulcers." These ulcers may involve a vein and give rise to hemorrhages, which sometimes prove fatal. Coagulation of the blood may occur, ending in the formation of pus or abscess.

The predisposing causes of varicose veins are enlargement of the uterine organs from any cause; displacements; advancing age; any obstruction preventing the free return of blood in the veins of the legs to the body, as tight garters, etc.; occupations that require much standing. Among the exciting causes are tumors; diseases of the heart and lungs; pregnancy; habitual constipation. There are still other causes.

Preliminaries of Treatment

The Viavi system of treatment for varicose veins is first to remove the cause, whatever it may be. If it is displacements, tumors, etc., see the chapters on those subjects. In nine-tenths of the cases that are brought to our notice we find the condition produced by diseases of the uterine organs, or by some disease within the pelvic or abdominal region, by reason of which pressure is brought to bear upon certain veins, thereby impeding the circulation within them. Close attention must be given to the general health. There should be enforced quiet and rest in a recumbent position; this favors venous return circulation. The extremities should be kept elevated as much as possible, so as to favor a return circulation, thus relieving greatly the overdistended walls. Regularity of the bowels is an absolute necessity, as constipation seems to exert no small provoking influence. For constipation we advise the use of the Viavi laxative.

The Treatment for Varicosity

While the legs are elevated they are to be sponged with warm water and vinegar, according to special directions that accompany the Viavi cerate; after they have been dried with a soft cloth or towel a thorough application of the cerate is to be made, rubbing from the feet toward the body. It is very essential that the rubbing be done toward the body, as the venous circulation is in that direction. If the rubbing is done in the opposite direction, from the body toward the feet, the flow is greatly impeded and the varicose condition made worse.

Great relief and beneficial results will follow placing the legs in a hot pack. This is done by wringing a piece of blanket or heavy flannel from water

as hot as can be borne, and wrapping it about the leg, which again should be wrapped in a dry flannel, and then kept in this pack for at least fifteen minutes, the leg being elevated or on a level with the body if the patron is in the recumbent position. After removing the pack a thorough application of the Viavi cerate is to follow, as already advised. Standing upon the feet immediately afterward is to be avoided. The patron should remain quiet for at least an hour if the pack is taken in the morning; if taken in the evening, the patron should at once go to bed.

When the veins have become greatly distended the leg may be bandaged with strips of loosely woven flannel cut on the bias, care being taken not to bandage too tightly. The bandages should be placed about the ankle first, and gradually wound about the leg, finishing at the knee.

When the condition has existed until the legs have become edematous (large, dropsical, tense or swollen) and varicose ulcers have formed, we insist upon complete rest and quiet for a time. The legs, aside from the ulcers, or open sores, are to be treated with the sponging and cerate as already advised. The ulcers, or open sores, should be cleansed with warm water in which have been placed five drops of carbolic acid to the quart. The water should play upon the sore from the rectal tube of a fountain syringe, which should be hung only moderately high, so that the stream of water will have but little force. When the ulcer is thoroughly cleansed, dry with pieces of absorbent cotton.

Application of the Cerate

Apply the Viavi cerate over the ulcer as follows: Prepare some mutton tallow by boiling it, then stirring it until it is cold. Spread some of this tallow on a piece of linen; over the tallow spread a layer of the cerate. The tallow will prevent the cerate from being absorbed by the linen. Apply the side with the cerate upon it to the raw surface. If there be fissures or cracks, the Viavi liquid, diluted one-half with water, sprayed upon the open sore with an atomizer, will act beneficially. The surface of the ulcer should be entirely covered with the liquid, after which the linen containing the cerate and tallow may be placed over the raw surface, the cerate surface next the sore. A layer of absorbent cotton, or several layers of clean, soft, white, old linen, may be placed over the ulcer and held in place by moderately tight bandages, so as completely to protect it. The sore should not be picked nor surgically interfered with. The gentle flow of water will be sufficient to wash away all loosened particles and collected impurities. This treatment is to be employed twice a day until a decided improvement is noticeable, when once a day will be sufficient.

It has been explained many times in this volume that Viavi is a wonderful nerve food, and that the circulation of the blood is completely controlled

by the nervous system; hence when the nervous system has been sufficiently strengthened by the treatment a control of the circulation is obtained.

Case Illustrating the Cure

The process of curing varicose veins by means of the Viavi system of treatment is as simple as it is successful. One of the many cases that have come under the Viavi system of treatment, yielding both speedy and excellent results, was that of a woman about fifty years of age. Her weight was about two hundred and fifty pounds, and as she was small of stature, the great load of adipose tissue rendered her uncomfortable and deprived her of all powers of endurance. Her circulation was exceedingly poor, and the varicose condition of both legs, from the knees to the ankles, was of a greatly aggravated form. At the time when she came under the treatment she was unable to stand on her feet for any length of time, but after using the Viavi system of treatment she was able to be about and manage her domestic affairs, notwithstanding her enormous weight. The veins of the legs regained their normal condition, and at last reports there had been no return whatever of her trouble.

CHAPTER LXIV.

CATARRHAL CONDITIONS.

(COLDS, NASAL POLYPI, DEAFNESS, HAY FEVER)

MUCOUS membrane lines the hollow organs of the body and the cavities and canals that have external openings. It is so called by reason of the mucous fluid by which it is constantly lubricated, or moistened. It is found lining the nose, mouth, Eustachian tube, throat, bronchial tubes (extending into the lung tissue), eyelids, lachrymal ducts; also the esophagus (gullet), stomach, intestines (both large and small), rectum, urethra, bladder, ureters, kidneys, Fallopian tubes, womb, vagina and external generative organs. All these last-named include the whole digestive and genito-urinary tract.

Anatomy of the Membranes

The mucous membrane is soft and velvety, its blood and nerve supply being very abundant. Its surface is coated with its own secretion, mucus, which is sticky. This secretion is partly for the purpose of protecting the membrane from injury done by foreign substances introduced into the body.

The function of a mucous surface varies according to its situation. The internal surfaces of these membranes are attached to the parts that they line by a tissue known as connective tissue. This tissue, in certain localities, is very abundant, in other parts exceedingly scant. There are numerous glands imbedded in the mucous membrane at certain parts; in certain localities are found processes, or villi. In the secreting membrane the cells are arranged on one side of a basement membrane, while on the other side there spreads a plexus of minute capillary vessels. The cells extract from the blood certain constituents that pass through the membrane, wherein they are prepared and elaborated. The basement membrane does not always exist; in that event the change takes place from the free surface.

With the healthy mucous membrane we have little to do; when it becomes diseased it is brought before us for curative consideration. Both normal and abnormal conditions of the mucous membrane lining the different parts and organs will be separately taken up.

Where Catarrh is Found

When inflammation of the mucous membrane causes an abnormal discharge of mucus, or fluid, it is known as catarrh. The nature and quantity of the discharge vary greatly as the disease progresses; hence catarrh means an inflammation of the mucous membrane, without reference to the cause.

The name is derived from the part affected. Inflammation of the membrane lining the womb or vagina is catarrh of the womb or vagina; leucorrhea is the result. Inflammation of the lining membrane of the nose is known as coryza, nasal catarrh or hay fever; of the stomach, gastritis; of the bladder, cystitis, etc. These catarrhal discharges, which escape from the different orifices of the body, vary not only in consistency and quantity, but also in color and odor, according to the stage and extent of the inflammation.

Action of the Treatment

Again we say that the specific action of the Viavi system of treatment is to assist Nature to reduce inflammation, either acute or chronic, without regard to its situation. Inflammation of the mucous membrane (catarrh) means that its vessels are holding more than their normal supply of blood. The glands within its substance become abnormally active; hence the copious discharges. These discharges always represent a vital drain upon the system, as they are composed of valuable constituents of the blood; and every effort should be made to overcome the inflammation and in this way remove the cause of the discharge—in other words, cure the catarrh.

ACUTE NASAL CATARRH.

Acute nasal catarrh (coryza), or cold in the head, is an acute inflammation of the nasal mucous membrane (Schneiderian membrane), accompanied with a discharge. It may confine itself to one side of the nose, but is oftener in both; or it may extend to the pharynx, larynx and air passages below, or affect cavities communicating with the nasal passages.

The causes of acute nasal catarrh are many, among them exposure to sudden changes of temperature; draughts of cold air without the taking of proper precaution to protect the body and prevent a rapid radiation of its heat; cold, wet feet; working or sitting in close, ill-ventilated rooms; any sudden chilling of the body; a daily wetting of the hair; the unprotected condition of children's legs in cold weather; permitting small children to crawl about on the floor in cold weather, when the temperature there is from two to four degrees lower than in any other part of the room. Many other causes also tend to establish catarrhal conditions.

Acute Catarrh Symptoms

One is conscious generally of catching a cold. The person is chilly and experiences difficulty in becoming warm; there are depression, itching of the nose, chills

chasing up and down the back, sneezing followed by a partial closure of the nostrils, watery discharges, etc. This is the first stage; it is quickly followed by the second. Fever is now present, and the mouth and throat are generally dry; there is frontal (forehead) headache, and after a time the nose nearly closes. The secretions, watery for three or four days, become thick and yellow. There is great pressure at the bridge of the nose. The sense of smell is badly impaired. In women the bladder often becomes weak, so that when coughing or sneezing the urine escapes. A woman with a cold should protect herself with a napkin, so that her clothing may not become damp.

If no chronic trouble exists, such a catarrhal condition can be broken up in a few days; but if a chronic condition first existed it will not yield so readily to treatment.

The Changes That Take Place

It is imperative for a sufferer to understand the changes that occur when a cold has been contracted. The blood has been driven from the surface of the body to the interior, flooding it, as it were. The little blood vessels, or capillaries, in or near the epidermis, or outer skin of the body, have become contracted; hence the blood cannot find its way to the surface. This first becomes cold; but as the vessels contract deeper and deeper into the tissues, the body becomes more and more chilled; hence the sensation of chilliness that is experienced in the region of the back—in fact, eventually all over the body. The heart, being a strong, muscular organ, is able to protect itself by throwing the blood constantly from it as it enters, but other parts of the body cannot do so. As a result we see the mucous membrane of the body overdistended with the blood that has been driven within, as also are the lungs, generative organs, bowels, stomach, kidneys, bladder, etc., because they cannot resist the invasion so strongly and quickly.

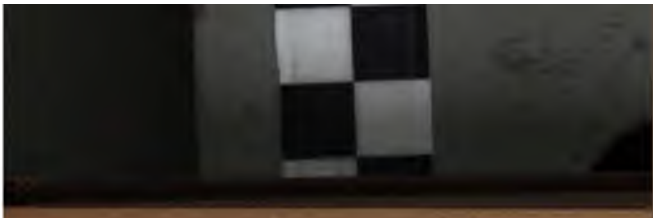
An Indication of Weakness

Susceptibility to colds shows a general weakness of the whole body. This is a menace to health and often life, as we daily encounter morbid conditions of the atmosphere which cannot be wholly avoided. If our bodies possess a normal amount of vitality such conditions will affect us but little; but if our standard of health is below the best, we become more and more susceptible to every little change.

There is no more conspicuous evidence of prevalent weakness than that seen in the great extent of coryza, or acute catarrh. Persons thus afflicted in time fear to venture from the house, as a slight change of temperature induces sneezing, coughing and abundant tears.

The Treatment for Catarrh

At the first indication of a cold the patron should endeavor to equalize the circulation by bringing the blood to the surface of the body. For this purpose a



number of baths are given in the latter part of this volume. The patron may use the one best suited to his or her surroundings. The salted towel will prove excellent, but if a salted towel is not available, a rough bath towel will suffice. If the patron is so situated that a hot bath can be taken, we would advise it as the best. The patron should not remain in the hot bath longer than four or five minutes, and the whole body must be kept under the water, which should be cooled a little by allowing cold water to run into it before leaving the bath. This precaution will prevent chilling upon leaving the tub. The body must then be dried quickly with a rough towel, and the bed must be sought. While the sufferer is under the covers, the chest, both back and front, is to be rubbed thoroughly with the Viavi cerate, which should be applied also over the nose, forehead and throat.

The Viavi liquid diluted one-third with water must be sprayed into the nose every hour until a decided change for the better is observed. The bulb of the atomizer may be compressed six times, for each nostril. This will be sufficient at each treatment.

If a hot bath is not convenient, a foot bath in bed will give excellent results. (See Reclining Foot Bath.) A hot-water bag, or bottles filled with hot water and placed about the body at the same time, will prove efficacious in drawing the blood to the surface. When the patron feels a grateful sense of warmth, or a warm glow all over the body, the foot-tub may be removed and the feet well dried and protected with warm woolen hose. Before drawing the hose on, the feet should be rubbed thoroughly with the cerate. The cerate is always to be applied under the covers, so as to prevent the body from chilling.

A quiet rest in bed for five or six hours is of the greatest importance. If the patron has perspired copiously, which will likely be the case, the body should be dried thoroughly with a soft towel under cover. While the patron is resting, the temperature of the body should become normal, or a fresh cold will be added upon arising.

The action of the Viavi liquid sprayed into the nose is to assist Nature to relieve the congestion, and to give the nerves in this vicinity the necessary food, or material, that will enable them to react and thus regain control of the blood supply that they have lost. The cerate applied upon the spine, forehead, nose, throat and chest also has the same effect, and hygienic adjuncts help to equalize the circulation over the whole surface of the body.

Chronic Condition Invited

Persons who are subject to frequent attacks of cold in the head give evidence that there is an existing weakness which they should endeavor to overcome before there is a development of the chronic form of catarrh, the horrors of which will be given later herein.

To build the whole system the cerate should be used daily over the re-

gion of the spine, chest, nose and throat, while the strength should be fortified by the use of the Viavi tonic.

The Viavi system of treatment, by reason of its specific action in assisting Nature to reduce inflammation, has become a necessity in every household. It not only breaks up a cold in the beginning, but at the same time strengthens the system, making it less susceptible to changing atmospheric conditions.

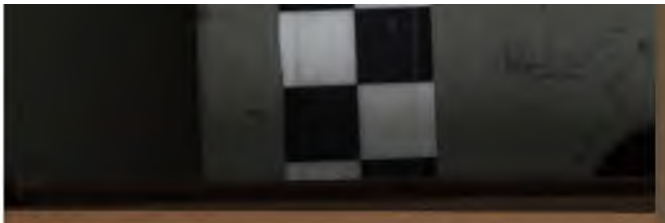
CHRONIC NASAL CATARRH.

This form of catarrh is generally the result of repeated acute attacks, or it may result from an uncured severe acute attack. Constantly breathing air that is loaded with dust is frequently the provoking cause. This is particularly noticeable among employees in mills, factories and shops where the air is filled with dust. Chronic catarrh is prevalent also among those who work in damp basements, those who are poorly nourished and those suffering from a scrofulous constitution. The undesirable habit of frequently wetting the head is another cause. Extreme sexual indulgence likewise is a cause in both sexes, as there exists a close sympathy between the generative tract and certain nasal tissues. It also frequently follows eruptive fevers, as typhoid, scarlet, measles, etc.; also exhausting discharges (leucorrhea). Although in a majority of cases repeated attacks of cold in the head are the predisposing cause of the chronic condition, there is in a large number of cases a general systemic weakness which awaits only an irritation of the nasal passages to establish this most disgusting and tenacious disease.

Chronic Catarrh Symptoms

The symptoms of simple chronic nasal catarrh may be almost the same as those of acute catarrh, except that they are continuous; but during changeable weather, especially damp weather, all of the symptoms become more intense. As the disease progresses there will develop headaches; the patron grows stupid, the eyes look dull; the appetite is lost and there is a constant hawking and spitting. On account of the swelling of the lining membrane the nose partially closes; hence there is more or less difficulty in breathing. The breath becomes exceedingly offensive, the voice changes, and there may or may not be sneezing. There will be an indisposition to take exercise, and difficulty in concentrating the mind upon any subject.

The discharges vary. They may be watery, profuse and acrid, or tenacious, thick, purulent (pus-like) and bloody. They may escape from the nostrils, or drop backward into the throat. There are ringing in the ears and partial or complete loss of hearing, often accompanied with a discharge from the ears. Some or all of these symptoms, as well as many others, may be present. Many cases terminate in chronic bronchitis and consumption. Sometimes but a few of the foregoi symptoms may appear and yet the conditions prove fatal.



What Constitutes Ozena

When chronic catarrh has existed for some time it develops into an ulcerated, or more advanced, stage of the disease; this is known as ozena. The discharge is now copious, thick, purulent and offensive. The lining membrane first becomes ulcerated, but in time the ulceration extends deeper, until the cartilage and bones of the nose become involved. Hard lumps form in the nose, or that organ may be lined with thick, tough, brownish incrustations. These are discharged at intervals of a few days, but are quickly succeeded by another crop. The septum (partition) of the nose is completely destroyed in many cases, and holes may be eaten through into the roof of the mouth.

The Offensiveness of Ozena

There is no disease that renders a person more miserable than extensive chronic catarrh. A handkerchief must be used constantly. The sense of smell becomes so badly impaired that the excessively fetid nature of the discharges is unnoticed by the sufferer. It drives from him in time his best friends. For them he is no fit companion, as the air in the room that he occupies soon becomes poisoned and is a menace to the health of the most robust. The senses of hearing and taste also in time become impaired. Such sufferers have no right to force their presence upon others in a social or business way, as they are in no fit condition to realize what their presence is to a healthy person with an acute sense of smell. Such catarrhal sufferers become so accustomed to their own deplorable condition that they little realize the disgust, pity and aversion that are felt for them by the healthy. Gradually the world is beginning to realize that association with unhealthy persons has the same deleterious effect upon the body as living in unhealthful places.

How the Disease Extends

Chronic catarrh is not confined to the nose. The inflammation and ensuing ulceration creep along the mucous membrane, affecting the Eustachian tube, which leads to the ear from the throat, and in time the hearing becomes impaired and in many cases lost.

It also creeps downward, affecting the pharynx (pharyngitis) and the larynx (laryngitis), which diseases are taken into consideration by the Viavi method and treated with chronic catarrh of the nose. Another of its evil effects is to produce bronchitis and indigestion, either by extension of the inflammation or by infection. As the secretions from this disease are poisonous, swallowing them introduces a poison into the stomach. Further, the products of catarrhal conditions, like those of inflammation elsewhere, are taken up by the blood and thus work greater or less injury to the entire system.

Catarrh is given various names, but only to designate the different stages of the disease, or the nature of the inflammation as it gradually progresses into extensively destructive ulceration.

Cure of Chronic Catarrh

The Viavi system of treatment for chronic catarrh, from its mildest form to the extensive ulcerated form (ozena), is the same, except that more time is required in overcoming the chronic than the acute form.

Mix twenty drops of the Viavi liquid with a tablespoonful of cold water, preferably boiled. Spray with the straight tube of an atomizer into the nostrils, and also into the back of the mouth, behind the hanging palate. For spraying into the nose and throat through the mouth, use the curved tube of the atomizer, turning it upward for the nose and downward for the throat. The mixture may be made stronger or weaker, as required. If the mouth spray gags, use the mixture as a gargle. If the ulceration is extensive, the nose and throat should be sprayed three times daily, morning, noon and night; but if this is not convenient, twice daily will suffice. If the inflammation has not become destructively extensive, spraying night and morning will suffice.

A fresh mixture should be placed in the atomizer every other day. The Viavi cerate is to be rubbed thoroughly upon the nose, throat and forehead every night just before retiring. Women may comb the hair back from the forehead and tie a bandage about it, so that the front hair may not become soiled by the cerate; or, after a thorough rubbing of the cerate the parts may be rubbed dry with a soft cloth, to avoid greasing the hair.

The cerate is to be used over the spine daily. (See Cerate on Spine.) Its action here is to feed and strengthen the whole nervous system, as its effect is far-reaching. As we build the general health by the Viavi system of treatment, just so in proportion are we overcoming the existing catarrhal condition.

In extensive catarrh from five to ten drops of the Viavi liquid taken three times daily, twenty minutes before meals, are advised, as the whole system is involved to a greater or less extent. The liquid taken internally builds up the organs that are particularly active in helping to purify the blood.

The Viavi Royal also should be used, as in every possible manner must we build and sustain the strength, which in chronic catarrh is always far below the normal.

The circulation should receive special attention. A Viavi Brush Bath (see Viavi Brush Bath) three times a week is advised, but the patron is always permitted the privilege of selecting the bath that is best suited to him or her. If the patron sweats, care should be taken not to chill afterward. The clothing should be warm, but light; and extra inner soles in the shoes will be better than a chest protector. The diet should be nourishing.

When a cure is perfected under the Viavi system of treatment the whole system is so regulated and strengthened as to be fortified against the probable return not only of this disease, but of others as well. The badly diseased lining membrane of the nasal passages that has become thickened and ulcer-

ated will gradually regain its natural delicate, moist, thin and healthy condition, and hence breathing will be comfortable.

Cases Illustrating the Cure

The few illustrative cases that follow will show the wonderful virtue of the Viavi system of treatment in reducing chronic inflammation of the mucous membrane of the nose and throat: Mr. R. came under the treatment for chronic catarrh in February, 1895. This catarrhal condition had existed for seven years. A perfect recovery was made from the use of the Viavi cerate, liquid and tonic. He remains well.

Mr. Mc———, a Colorado patron, also had suffered for seven years from the worst form of chronic catarrh. The good results of the Viavi system of treatment were manifested in a thorough cure and as it has now been five years since the cure was perfected, it has proved permanent.

Another patron, who, from chronic catarrh, had been deprived both of her senses of smell and taste for five years, made a complete recovery. This case also has stood the test of several years, showing that the treatment assists Nature to build the whole system and thus prevent a return of the trouble.

NASAL POLYPUS.

Nasal polypi are small growths that are found hanging in the nose. They are supposed to be caused by the lining membrane losing healthy vigor; as a consequence of this, certain parts become relaxed and hang down. Frequent colds in the head, hay fever and other conditions that repeatedly irritate the lining membrane are the causes. Unless rational treatment is employed to restore to this delicate lining membrane its natural tone, these hanging parts multiply and become more and more relaxed until the nasal passages are almost or completely filled. Respiration through the nostrils becomes greatly impeded or entirely suspended, and the sense of smell impaired or permanently lost. These growths in time so press upon the delicate nasal bones that they in turn also become diseased.

If it be remembered that polypus growths are never found where the mucous membrane lining the nasal cavities is in a healthy condition, a great deal of pain and annoyance may be avoided by simple treatment in the first place to assist Nature to put these parts in a perfectly healthy condition. This may be effectually accomplished through the medium of the Viavi liquid sprayed into the nostrils, in conjunction with the use of the Viavi cerate externally applied over the region of the forehead and nose.

Here, as elsewhere, there are two processes constantly occurring, both of which are essential to health. One is the building up of fresh work, so to speak, and the other is the taking down or removing of that which has done its duty in the living system. When one or the other of these processes fails to

go on effectually a detrimental mixing of waste and nutriment takes place, and out of this disease invariable arises.

The Principle of the Cure

To cure polypus growths, and to prevent their formation by relaxing of the membrane, the Viavi liquid and cerate are to be used. By their use the nerves are fed and strengthened and the circulation of the blood becomes normally established; hence the tissues and membranes are sufficiently nourished to regain their tonicity. Viavi is a nerve and tissue food and cures by assisting Nature to promote a healthy circulation; it thus establishes a natural process of curing; that is why cures brought about by its use are both thorough and permanent. It does not force Nature in any way, but simply assists her to do what she desires and tries to do and must do in order to establish perfect health.

The Treatment for Polypi

The diluted Viavi liquid is to be sprayed twice daily into the nostrils, night and morning, while the Viavi cerate is to be used upon the nose and forehead once a day in a very thorough manner.

If polypus growths have formed they will in time, under this treatment, come away or shrivel up and disappear by absorption. The circulation of the blood should be assisted by employing one of the baths best suited to the patient's surroundings. They may be found in the latter part of this volume. The Viavi cerate is to be used daily over the spine to strengthen the whole nervous system.

When these growths have been present for a long time and the bones have become implicated, it may then be necessary to have the diseased bone and impacted polypi surgically removed. Before this the Viavi system of treatment should be used for some time, to prevent complications that might otherwise arise. Afterward the Viavi system of treatment should be thoroughly employed to place the parts in a healthy condition and so prevent a return of the trouble.

We cannot pass this subject without giving one illustrative case, that of a Miss A., a Chinese missionary, forty years of age. She had suffered since childhood from headaches and frightful noises in the head, which at times drove her nearly insane. The Viavi liquid and cerate caused a great quantity of polypus growths to become detached and pass away from the nostrils. We saw only a small number of the growths, but the missionary estimated that over a half pint of this foreign substance became detached. The Viavi system of treatment assists Nature to act in such cases as effectually in overcoming abnormal growths and diseased tissues as in other parts of the body.

DEAFNESS.

The Eustachian tube, a small canal, forms the air passage and communication between the middle ear and the throat. A continuation of the mucous

membrane covering the nose and throat lines the Eustachian tube. As before explained, inflammation of the mucous membrane creeps along its surface, but seldom confines itself to one place. In a catarrhal condition of the nose and throat it in time affects the Eustachian tube, which leads from the throat. The tube becomes thickened in structure until it closes the passageway, and the function of the ear (hearing) becomes partially or wholly destroyed. The loss of hearing may be progressive and extend over a period of many years. The alarm is sounded when the sufferer experiences a cracking sensation in the ears when blowing the nose, and a ringing in the ears or noises in the head at other times. The hearing is suddenly lost at times and as suddenly returns, but in time it fails to return, and the person remains deaf. In progressive deafness the hearing is lessened so gradually that a great degree of deafness is present before the sufferer becomes aware of the extent of his affliction. The noises in the head often almost drive the sufferer distractd. When the inflammatory process has progressed to extensive ulceration, the drum of the ear may become perforated, permitting the escape of offensive discharges, in which small pieces of bone are often found.

Interesting Case in Point

A serious case of this kind that came under the Viavi system of treatment was that of a youth, seventeen years of age, who had suffered since early childhood from chronic nasal catarrh. One ear constantly discharged a thick purulent matter so offensive that not only did he shun his associates, but they in turn shunned him. A large lump had formed just back of the ear, and it had been diagnosed as a chronic mastoid abscess. He used some of his sister's Viavi cerate in a half-hearted, hopeless manner, having long decided that his case was incurable. The hearing in this ear was entirely suspended. There was so decided a change in two weeks from the use of the cerate about the ears and over the nose, throat and forehead, that his mother placed him under the full Viavi system of treatment of cerate, liquid and royal. A perfect recovery resulted in this case, and, best of all, the hearing was entirely restored, while the disfiguring lump behind the ear disappeared.

The Treatment for Deafness

In the first place, catarrh should not be permitted to progress until the senses are impaired or destroyed, nor until the inflammatory process has crept to other parts. It will save years of suffering, money and time, at the first indication of a cold in the head, to employ the Viavi system of treatment as already given for acute catarrh.

The treatment for deafness and for diseases of the ear that result from catarrh is the same identically as that given for chronic nasal catarrh, as the trouble has extended to the ear by means of the Eustachian tube from the throat. The cerate should be used also about the ear, twice daily. After

applying the cerate thoroughly in the morning and seeing that a good quantity has been absorbed, the parts may be cleansed, especially when the patron must leave home. It is not the quantiy of cerate that is left about the ear on the surface, but it is the quantity absorbed, here as elsewhere, that gives good results. The Viavi ear liquid is to be used by dropping a few drops into the ear at least three times daily and more frequently if necessary.

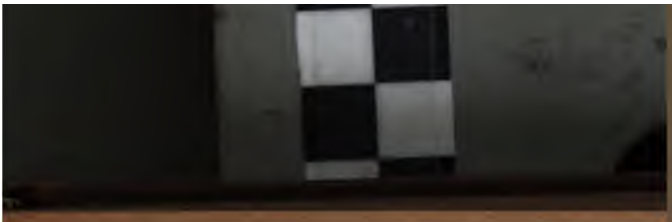
One Kind of Cure Illustrated

The wife of an eminent judge had been cured of a chronic uterine disease by means of the Viavi system of treatment. As with all other Viavi patrons who understand and appreciate the remedy at its full value, it became with her a household necessity. Her husband, the judge, had been obliged to retire from the bench by reason of total deafness in one ear and progressive deafness in the other. When his wife screamed into his best ear that she intended using Viavi about his ears to cure his deafness, he remarked that she had better put Viavi on the table for butter, as she was constantly finding new and important uses for it. However, she persisted in using the cerate two or three times a day about his ears. A small quantity of the Viavi ear liquid was dropped daily into the ears, three drops of the mixture at a time, warmed to about blood heat. This treatment was kept up regularly, when one evening the judge yawned wide and long. He experienced such a crackling sensation in the deaf ear that he called to his wife in alarm to come quickly, as something dreadful had happened inside his head. She drew him to the light, and upon looking into the ear discovered a foreign substance of some kind, which, womanlike, she extracted with a hairpin. It was found to be a polypoid, which had gradually shriveled up as the parts became healthy from the treatment, and, finally becoming dry, had separated from the drum. The hearing for a time in this ear was painfully acute, but a small piece of cotton was worn until the hearing again became normal. This judge resumed his profession.

HAY FEVER.

Hay fever, rose cold, hay asthma, pollen catarrh, peach cold, yearly cold and autumnal catarrh are names given to a recurring summer or autumnal attack of acute catarrh to which some persons are susceptible from the presence of certain pollens or special emanations in the atmosphere. Three conditions are necessary to the development of this annoying affliction. They are a predisposing, constitutional condition, a peculiar sensitiveness of the nasal membrane, and external irritation.

The irritating cause is the pollen from certain grasses, hay, weeds, flowers, rag weed, June roses, golden rod, the down of peaches, etc. While the pollen from one plant will act as a violent irritant to one hay-fever sufferer it will have no effect whatever upon another, this showing that all hay-fever



sufferers are not susceptible to the attack of pollen of the same plants. It seems to be a rule with this affliction, as with most others that the healthiest persons are least subject to it.

Nature of Hay Fever

Hay fever is frequently complicated with asthma, the asthmatic attacks being worse at night. Hay fever generally begins with an itching of the nose and roof of the mouth, sneezing (which at times is long continued, violent and exhausting), free watery discharges from the nostrils, and an itching and burning of the eyes, causing copious tears of an acrid nature, burning and excoriating the skin wherever they touch. In the onset, there is a chill, followed by fever and frontal headache; the eyes become dim and sensitive, the sense of smell is lost, and also often the sense of taste.

An annual hay-fever sufferer is certainly an object of pity, but not in the old and hopeless sense of the word, which drove these sufferers from home for several weeks or months of the year, a change of climate being the only means of avoiding this distressing irritation.

Typical Case of Recovery

Under the Viavi system of treatment, hay fever is by no means hopeless, as will be seen by the following case: A patron had suffered for eleven years with hay fever complicated by asthma. Her sufferings became aggravated when the wild flowers began to bloom in the spring, and continued until cold weather; in fact, she claims never to have seen a day when she was free from suffering, either summer or winter, as she was constantly taking cold, which greatly aggravated the trouble. There was a decided change for the better in her condition from a comparatively short use of the Viavi liquid and cerate. In a little less than a year she had gained ten pounds and announced her cure perfect. The trouble has not returned, this showing that the cure is permanent.

Numerous cures of this distressing affliction have been secured by means of the Viavi system of treatment.

The Treatment for Hay Fever

The treatment for hay fever is to spray the nose and throat with the diluted Viavi liquid. Three times a day will generally suffice, but if the irritation is extreme the nose and throat may be sprayed once an hour, the liquid diluted somewhat more than is advised in the directions on the bottle. The cerate should be freely applied over the cheeks, around the nose and over the lips to protect the parts from the excoriating and burning discharges.

If hay fever is complicated with asthma the cerate should then be applied in a thorough way over the chest, both back and front.

When the mucous membrane lining these parts becomes normal it will not be unduly excited by being brought in contact with the pollen in the air from certain plants.

CHAPTER LXV.

DISEASES OF THE LUNGS.

(BRONCHITIS, PNEUMONIA.)

THE lungs, in which the bronchia (bronchial tubes) terminate, are the essential organs of respiration, although the tide of air in the lungs does not strictly constitute respiration, as the lungs serve merely to facilitate the introduction of oxygen into the blood and the exhalation of carbon-dioxide. True respiration takes place in all of the tissues and organs of the system, and not in the lungs.

The lungs are double, consisting of a right and a left lung, which occupy the two sides of the chest. They are separated from each other by the heart and the small space called the mediastinum. The right lung is shorter and broader than the left, being divided into three unequal lobes by two oblique fissures. The left lung has but two lobes, which are divided by one fissure. At about the middle concave surface of the lungs is a pedicle (stem) formed by the bronchia and the pulmonary vessels. This is called "the root of the lungs."

The lungs are composed of prolongations and ramifications of the bronchia and of the pulmonary arteries and veins, their subdivisions being supported by a fine tissue. In health the action of the air cells on one side of this tissue and of the terminal blood vessels (the capillaries) on the other keeps time with the respiratory movements (breathing). As the chest expands and contracts both air and blood flow in and are forced out at regular intervals. They thus exchange elements and promote the processes of life.

Purification of the Blood

When in inhalation the air flows into the lungs it carries to the air cells oxygen, which is immediately absorbed by the blood in the terminal capillaries. In exhalation the air flows out of the lungs loaded with carbon-dioxide, which the venous capilliaries have given up to it and which is a part of the waste from the entire system. When the blood flows into the lungs it is impure; when it flows out it is pure. Just the opposite takes place in the air; when it flows in it is pure, when it flows out it is impure.

The capillaries in the lung tissues are so minute as to allow the passage of the blood corpuscles in a single row. When it is taken into consideration that the corpuscles can be seen only with the aid of a microscope, the reader will have some idea of the minute terminals of the pulmonary vessels, and know how necessary a normal condition of these organs is to oxidize properly the volumes of blood that are constantly passing through the lungs.

Evil Effects of Disease

In pulmonary (lung) diseases of all kinds the function of the lungs, the changing of venous blood into arterial blood, is partially suspended. When it is wholly suspended death ensues. This partial suspension impairs in turn the functions of the whole body, as no part receives its necessary share of oxygen. The blood becomes so impure that its presence in the lungs causes the tissues there to break down, and we thus have one form of pulmonary disease. In a suppression of the menses, for instance, the monthly purification of the blood does not occur; hence certain deleterious constituents are retained in the blood and carried to the lungs in such quantities that the proper purification of the blood becomes impossible. This constant stream of impure blood passing through the lungs causes them, in time, to break down, and pulmonary consumption, or phthisis, is the result.

BRONCHITIS.

In the pharynx, which is situated back of the mouth, are two openings. The posterior (back) opening leads into the esophagus (gullet), which is the passageway to the stomach. The anterior is the opening into the larynx, which is the commencement of the passages concerned in breathing. At this opening commences the trachea, or windpipe, which is about three-fourths of an inch in diameter and from four to four inches and a half in length. The trachea is partially composed of rings of cartilage, which vary from sixteen to twenty in number. They prevent the tube from collapsing during respiration. As the trachea passes downward into the chest it divides into two parts, known as the right and the left bronchia, or the bronchial tubes. They also are provided with rings of cartilage. As has been already shown in this chapter, these bronchia enter and form part of the lung substance. They divide and subdivide until their minute terminals open into the air cells of the lungs.

The Nature of Bronchitis

When the lining (mucous) membrane of the bronchial tubes becomes inflamed, the condition is called bronchitis; it may be either acute or chronic. The acute slowly develops into the chronic if neglected, or if it does not receive the proper treatment, which amounts to the same thing. When the mucous membrane is inflamed it becomes swollen and is covered with secretions. Sometimes the thickening and secretions are excessive, causing great difficulty

in breathing, especially when the inflammation has extended downward to the smaller bronchia within the substance of the lungs. This form is known as capillary bronchitis. It is quite dangerous in infants and those who are greatly debilitated, from an inability to free the tubes of the accumulated mucus. This prevents the aeration of the blood, and the patron dies from the presence of poisonous matter in the blood.

When the larger bronchial tubes are the seat of the inflammation the cough is very likely to be violent. The sufferer experiences a tickling sensation in the sternum (middle of the chest), or a raw, burning, uncomfortable sensation in that region. In acute bronchitis the sputum (matter coughed up) is thick mucus, and may be streaked with blood, but as the acute stage merges into the chronic form the sputum changes to a yellowish or greenish hue. When the inflammation is confined to the smaller bronchi there are weakness and great difficulty of breathing, but no rattling; when it is confined to the larger tubes the rattling of mucus may be heard all over the chest.

Acute bronchitis is generally caused by colds; chronic bronchitis, from neglected acute bronchitis, or from a continuation downward of a catarrhal condition of the nose, throat, tonsils, etc.

The Treatment for Bronchitis

The treatment for both acute and chronic bronchitis, tonsilitis (inflammation of the tonsils), pharyngitis (inflammation of the pharynx), laryngitis (inflammation of the larynx), and asthma (an irritation of the nerves within the bronchial mucous membrane) is the same; hence it will not be necessary to describe minutely each inflammatory process.

The forms of Viavi to be used are the Viavi liquid and cerate. The liquid is to be diluted according to the directions that accompany it, and sprayed into the throat, in acute cases, six times a day, morning noon and evening, and before these times; but in the chronic condition, three a day, morning and evening, will be sufficient. While spraying the liquid into the throat the breath should be drawn slowly inward, so that the spray shall be brought directly in contact with the inflamed membrane. Care should be taken to let the spray exhaust itself before compressing the bulb of the atomizer the second time. If it is compressed too frequently a stream will be thrown instead of a spray; this is always to be avoided.

The cerate is to be applied in a very thorough way twice daily, morning and evening, upon throat and chest, both back and front, plenty of time being used for its thorough application. A thorough massaging of the whole spinal column should be given thirty minutes daily.

Twice a week the cold compress should be used over the region of the chest (see Cold Compress on Chest), but the cerate is to be applied, twice daily in acute cases, the more cerate absorbed the more fortunate the patron

The conditions thus treated are the result of reduced nerve force and imperfect circulation of the blood; hence congestion and inflammation of these delicate membranes. The Viavi system of treatment assists Nature to cure by establishing the healthy circulation of the blood in these parts, through feeding the nerves and building the tissues. In this way the membranes receive their normal amount of nutriment and also eliminate the proper amount of waste to insure a healthy condition. The patron should breathe through the nostrils and never through the mouth. Air breathed through the nostrils becomes moist and warm, and the particles of dust are caught in the hair growing in the lower part of the nostrils—a wise provision of Nature for the express purpose of protecting these parts.

Prompt attention should always be given an inflammatory condition of the mucous membrane lining the bronchial tubes, because of the great danger of this disease terminating in consumption. Bronchitis has been aptly termed "the stepping stone to consumption."

Cases Illustrating the Cure

A Baptist minister who had suffered for several years with repeated attacks of acute bronchitis found relief under the Viavi system of treatment after the very best medical aid had proved inefficient.

Another case, which convincingly shows the efficacy of the Viavi system of treatment, was that of a young woman who had suffered for the better part of her life from hay fever, tonsilitis, laryngitis and bronchitis. The chest was painfully sore; cough, racking and violent; expectorations, profuse, extreme emaciation and weakness; great nervousness and insomnia, with loss of appetite; voice husky and often lost. Scarcely a night passed but that she suffered with paroxysms of asthma, more or less intense. A decided change was obtained by using the Viavi system of treatment. It went forward with no interruption until a perfect and permanent cure was established. This patron was too debilitated when coming under the treatment to employ it herself. She was taken in hand by her mother, who applied the treatment to her, with the most satisfactory results. The girl is now plump, rosy and enjoying health as any robust young girl should.

Many other cases could be mentioned that have secured perfect recovery under the Viavi system of treatment.

PNEUMONIA.

If the lungs are inflamed the blood vessels within their substance become gorged with blood. Thus great pressure is brought to bear upon the minute ramifications of the bronchia, so that they cannot open and admit the air; in other words, there is but little air space left. The lungs become swollen, and they press upon nerves in their neighborhood; consequently

breathing or coughing becomes exceedingly painful. The pain between the shoulders may be so severe as to prostrate the sufferer. There is no loss of power in the external muscles of breathing, but there is great loss of elasticity in the vessels of the lungs themselves. This prevents the exchange between the used-up gases and the atmosphere, upon which functional life depends. The pain in pneumonia does not depend alone upon the swelling of the lungs, as the stagnant blood soon sets up the fiery action of its destructive combination. This not only causes severe pain, but creates great danger, as it spreads itself through the whole circulation, and fever is soon the result. This is all due to one condition—a relaxation of the pulmonary vessels. If the air and blood had been regularly admitted and expelled, the inflammatory process could not have existed.

The Disease Is Controllable

Many lives have been lost through pneumonia, or inflammation of the lungs. This disease is not fatal if at all rightly treated, as it is the same as inflammation elsewhere, and yields in the early stages to rational treatment.

As before stated, inflammatory processes of the lung substance yield to the Viavi system of treatment as successfully as inflammation in other parts of the body—that is, if it has not progressed to that stage when it is beyond the aid of remedial measures.

The Treatment for Pneumonia

When the patron first feels that a cold has settled upon the lungs or in the chest, and finds difficulty in breathing, the bed should be sought at once. The feet are to be placed in a hot foot bath, the foot-tub being placed in the bed. By lying upon the back and elevating the thighs toward the body the feet will be made to rest easily in the tub. A hot-water bag is now placed between the shoulders, and a towel folded, to four thicknesses and wrung from cold water, placed over the chest, the patron meanwhile being carefully covered. If the sufferer is lying between blankets, so much the better, as then there is less chance of chilling. When the compress becomes warm it should be removed and replaced with a cold one. The application of the compresses should be kept up for about thirty minutes or an hour, after which, the body having been dried, the Viavi cerate is to be rubbed thoroughly upon the entire chest, from the neck to the waist. The feet should now be withdrawn from the bath, dried, and also well rubbed with the cerate. If sweating has occurred the patient should be rubbed dry with a soft towel beneath the covers. The hot-water bag is now to be removed from the back and the patron allowed to rest.

If the attack is severe this treatment is to be repeated both night and morning; if not, once a day will suffice, but two applications of the cerate

will be necessary, daily, over the chest, both back and front. The entire trunk should be well protected by heavy flannel.

The Viavi liquid taken internally in from five to ten drop doses, four times a day, is also advised. It should be taken in a little water.

The extremities should never be allowed to become cold, but should be kept warm with a hot-water bag and the use of soft woolen hose.

The greatest care should always be taken not to get up and move about too soon, as one is very likely to contract more cold and suffer a relapse, which is always very much more serious than the original attack.

Where pneumonia has progressed until the lungs have become solid and no air can be admitted, the case has gone beyond the aid of all remedial assistance. Pneumonia, if taken in time, need not prove fatal when the Viavi system of treatment is intelligently employed.

CONSUMPTION.

As will be seen, pulmonary consumption results from various morbid processes in the lung tissue, such as repeated pneumonia, bronchial catarrh, etc., or it may arise from an inherited tendency to lung trouble or an inherited scrofulous condition. In women a suppression of the menses is frequently a cause. It may also be acquired from a lack of light and of pure air, warmth and exercise. In fact, anything that interferes with the nourishment of the body or even depresses the nervous system will lead to its development.

Consumption is responsible for more deaths than any other disease; still, many so-called incurable cases are cured; hence persons suffering with consumption should not be placed upon the incurable list, at least not until every available effort has been made to cure them.

Power of Viavi Treatment

The writer's mother was in bed, having lost the power to turn over, and had to be turned on a sheet. There were in consultation four of the most eminent physicians of Chicago. They said she could live but a few days, possibly not more than a few hours. At this point we employed a nurse, who rubbed the entire body with the Viavi cerate twice a day, using the treatment internally also as prescribed. In two months she was sufficiently strong to get up and walk across the room unaided. In four months she was on the street. She lived for three years after this. There is no doubt that had the treatment been taken a few years earlier a complete recovery would have been effected.

Another Case of Recovery

We daily come in business contact with a woman who was twice given up to die of consumption. Twice she traveled from the Eastern States to Southern California

for the sole purpose of being rendered more comfortable—that is, to be enabled to breathe more easily—without any hope whatever of regaining her health. The best physicians had given her up to die. The second time she came to California she placed herself under the Viavi system of treatment, and its effects were marvelous. To see this patron to-day no one could be made to realize that she twice had been given up to die. The Viavi capsules, cerate, liquid and tonic were used. Although no uterine trouble had ever existed, the capsules were used freely, the sufferer realizing that she had no time to lose; hence every available absorbent of the body was called into active use. She had spent money, labor and time in fitting herself for a professional career, as upon her individual efforts her livelihood depended. Even while under the treatment her professional duties could not be laid aside, but her gain was perceptible from the first. If this frail woman, weighing scarcely a hundred pounds, possessing no muscular power whatever, her voice husky and often lost for weeks, she being obliged to sit up in bed half the night in order to breathe, and coughing so severely that she would be completely prostrated for hours, could be cured by means of the Viavi system of treatment, others need not despair. In this case the expectorations were so copious (and of a grayish green color, streaked with blood) that the patron never had the courage to have a microscopical examination made, but as others were depending upon her exertions, live she must and live she did. As this patron recovered, there is hope for others.

When a Case Is Incurable

We do not wish to be understood as stating that every case of consumption can be cured by the use of the Viavi system of treatment. Far from it. But equally emphatic are we in stating that not every case of consumption pronounced incurable is correctly diagnosed, as many of these so-called incurable cases have yielded to the Viavi system of treatment. Whatever can be done for consumption the Viavi system of treatment will do. Here, as in cases of cancer and other so-called malignant diseases, the treatment is expectant. The patron may respond to treatment and may not; but so long as there is life there is hope; and many so-called incurable cases of consumption have yielded to the Viavi system of treatment.

Effects of the Treatment

The one aim of the Viavi system of treatment is to assist in the cure according to the laws of Nature, or rather to lend Nature the aid that she requires to effect a cure. If there is a sufficient amount of vitality left, by which the respective powers can respond, there is hope. Pulmonary tuberculosis (consumption) is a disease that strikes terror to the heart, and well it may; but often when the bacilli of the disease have been found in the sputum (matter coughed up),

patrons have not died, but recovered and regained their health under the Viavi system of treatment. In these cases the lung tissue was not extensively involved. Where it is extensively involved the case is hopeless.

Persons suffering from incurable pulmonary diseases have come under the Viavi system of treatment and then lived long and useful lives, Viavi acting as a food to the system and so assisting Nature to strengthen the lung tissue that a sufficient quantity of blood was purified to enable the patron with care, not only to live, but to enjoy life. Viavi is a food which assists Nature to repair the waste brought about by disease.

The Treatment for Consumption

The forms of Viavi to be used in consumption are the capsules, cerate, liquid and royal. In women the capsules are to be used per vagina; in men, per rectum, so that the abdominal blood and tissues may derive benefits quickly. That is essential. The greatest care and thoroughness and considerable time must be employed in the application of the cerate over the entire trunk, both back and front, daily, only a small part of the body being exposed at one time, thus preventing chilling. To know why the cerate is used and the benefits that are to be obtained from it, read the chapter on the Forms of Viavi, with special reference to the cerate.

The Viavi liquid is to be sprayed into the throat three times a day with an atomizer. When the liquid is sprayed into the throat the breath should be drawn slowly inward, so that the spray may be drawn into the lung substance itself. This is of great curative value in pulmonary troubles. The liquid is to be diluted one-third with water, but if this quantity prove too strong, it should be diluted one-half with water. Prepare a sufficient quantity to last two days, then thoroughly cleanse the atomizer and mix a fresh supply. The bulb of the atomizer at each treatment should be compressed about six times, but care should be taken always to allow the spray to exhaust itself before compressing the second time. If this precaution is not taken a stream instead of a spray will be thrown, and that is to be avoided.

The Viavi Royal is always to be used regularly. It will greatly aid in building the strength of the sufferer. Careful attention should be given the skin, and such baths should be taken as are best suited to the individual person and his or her surroundings. (See Baths.) The cerate renders the skin active, and so protects the patron against atmospheric changes. Consumptive patrons need plenty of fresh air and should live, sleep and exercise in the open air, which should be as dry as possible. The diet should be wholesome and nourishing. Methodical breathing exercises also will help to strengthen the chest and lungs. The inspirations and expirations should be full, regular and slow.

Cold compresses on the chest, with a hot-water bag at the back, or hot

water at the feet, twice a week, should be used. The assistance of an attendant is necessary, so that the patron may run no risk of being chilled. (See Cold Compress on Chest.) The compresses are for the purpose of stimulating vital activity in the lung substance. They greatly assist in establishing the normal circulation in this locality, and thereby the remedy is carried in greater quantities to the diseased parts.

How Life May Be Prolonged

A consumptive may rest assured that if the case is curable a perfect recovery will follow the use of the Viavi system of treatment. If the case is incurable life can be prolonged and the person's condition rendered very much more comfortable; so, under either circumstance, the most gratifying results follow the use of the treatment, unless the disease has progressed and the lung tissue broken down to such an extent that no reaction whatever can be secured. In pneumonia and tuberculosis the best skill should be procured as early as possible, but in all cases when the Viavi treatment has assisted Nature to cure these conditions the treatment has been used only when the best skilled effort has failed. Therefore the Viavi system of treatment should be used as early as possible after the first symptoms appear.

CHAPTER LXVI.

DISEASES OF THE STOMACH.

(DYSPEPSIA, GASTRITIS.)

THE alimentary tract is a highly organized muscular tube, with expansions and convolutions. It begins at the mouth and ends at the anus. It averages in length about seven times the length of the body. For convenience the tract has been divided and the subdivisions named. They are the mouth, pharynx, esophagus, stomach, small intestine and large intestine. The intestines again are subdivided, the small into the duodenum, jejunum and ileum; the large into the cecum, colon, sigmoid flexure and rectum. The stomach, which is the largest part of the alimentary tract, has a capacity of about five pints. It varies in size more than any other organ of the body. When empty it occupies but little space and lies in the back part of the thoracic abdomen. When very full it turns on its axis toward the front walls of the abdomen. By so doing it displaces surrounding organs, even interfering at times, if greatly overloaded, with the action of the heart and lungs.

Mastication of the Food

All substance, either solid or fluid, is subjected to several tests by the senses before it is permitted to enter the alimentary canal. The eye first judges from its appearance whether it is suitable, the nose from its odor and the tongue from its taste. The teeth discover harmful substances that have been concealed from the eye. Mastication (chewing) is accomplished by the teeth, which reduce the food into small particles. During mastication the salivary glands, in the mouth, pour out quantities of secretions (saliva), which differ greatly from secretions found in other parts of the body. It is very necessary to the welfare of the body that a thorough mastication and insalivation of the food occur before it is swallowed and so passes into the stomach. Insalivation has a great deal more to do with the digestion of certain kinds of food than is generally understood; in fact, the first step of digestion occurs within the mouth if the food is properly managed there before deglutition (swallowing).

Course of the Food

When the food mixed with saliva reaches the stomach it stimulates a flow of gastric juice, which is poured forth into the stomach from thousands of little glands situated within the walls of the stomach. The presence of the food within the stomach causes contractions to occur, which move the food about and so mix it thoroughly with the gastric juice, reducing all to a semi-fluid consistency. Neither starches nor fats are acted upon by the gastric juices. Their turn comes when the chyme, as this partially digested food is called, passes into the duodenum, which is the upper part of the small intestine, and is there subjected to the action of other secretions—the pancreatic juices and the bile. When the chyme has progressed to that stage where it can be absorbed by the small intestine it is taken up and distributed, through the medium of the blood, to all parts of the body, and each organ, cell, fiber, muscle and tissue takes from it what is needed for its own purposes, while the remainder is removed from the body by the bowels and kidneys.

It is very essential that the gastric juices be of the right quantity, neither too much nor too little, and that they be of the right quality as well, to promote normal digestion. In hunger the glands within the walls of the stomach become filled with gastric juice, and when hunger is satisfied they are found comparatively empty; hence food should never be taken in the stomach unless hunger demands it.

Why Viavi Is a Food

The whole digestive tract is lined with millions of minute absorbents, whose function is to select from the digested food that which is deemed serviceable for bodily purposes. By a reverse of peristaltic movement (as in vomiting), it may be sent from the body the way it came, or it may be sent out in the opposite direction; hence nutriment is not that which is taken into the body, but that which is accepted by it. This is the reason why we so often refer to Viavi as a food—it is accepted by all of the absorbents of the body and employed as a nutriment, by which functional activity is maintained in all parts. It does not put the alimentary tract to rest and relieve it of work, but nourishes and strengthens it, thus enabling it to perform its duties, which are essential to life.

Alternating Work and Rest

It should be remembered that in health the alimentary tube is intensely active. Its muscular coat is endowed with a peristaltic, wave-like motion that constantly keeps the contents moving. When the tract is empty there is no movement. It rests, the contents being the exciting cause of the motion. When, from abnormal conditions, this motion is partially suspended, we have what is known as constipation. (See chapter on Diseases of the Bowels.) Only through activity of the tract is it kept healthy. This is true of the whole body. We

cannot force nutriment upon inactive muscles, as their very need for it arises from activity. When activity of the alimentary tract is lost the activity of the absorbents situated within its walls is suspended; hence nutriment is not carried to the body in sufficient quantities to sustain life properly.

Some Causes of Indigestion

Disorder of digestion are caused by impairment of the digestive function, and by eating food that is unsuitable in quantity or quality. Overeating is responsible for most cases of indigestion. The stomach becomes overworked; hence it works badly. There are forms of dyspepsia in which a constant accumulation of gas occurs (flatulent dyspepsia). This keeps the stomach uncomfortably distended, with the result that pressure is brought to bear upon the heart and lungs almost continuously. Much distress results, such as palpitation of the heart, etc. When the stomach does not act properly its contents are often retained until putrid fermentation occurs. The food may lie in the stomach like a heavy stone, or it may cause the stomach to burn as fire—a condition accompanied with an unquenchable thirst. With some sufferers there may be a constant hungry gnawing that food does not satisfy, while others are made comfortable only by constantly eating. Other symptoms are water-brash, pain between the shoulders, loss of appetite, nausea, headaches, acid eructations (belching); in fact, there are so many symptoms accompanying the various forms of dyspepsia that it would be impossible to enumerate them all. A sufferer from indigestion is very likely aware of the fact.

Nervous Form of Dyspepsia

Thousands of persons annually starve to death amid plenty simply because the nervous system is so impoverished from a lack of proper nourishing food that every function of the body suffers in consequence. This is a form of nervous dyspepsia. We refer to Viavi as a nerve food because it is readily assimilated and made use of by the nerves of the body. From this fact comes its great adaptability to all forms of impaired digestion.

Reflex Forms of Dyspepsia

Continued pain in any part of the body will impair the digestion. Pain is bound to weaken the muscular system. It cannot be otherwise; hence we have dyspepsia or indigestion from lost muscular (peristaltic) action of the alimentary tract as a reflex disturbance from some other part of the body. For instance, a patient suffers intensely with piles or a uterine trouble. In a short time the appetite becomes impaired. If food is forced upon the digestive apparatus it remains inactive, and the patient suffers in consequence with dyspepsia. In such cases the cause of the dyspepsia must be treated. Removal of the cause [illegible] the disease.

Evil Effects of Indigestion

It is the duty of the stomach and bowels to prepare nutriment for all the uses of the body. If they are unable to do so, it is evident that the entire body will suffer; the same result accrues if they fail to prepare the food in the right way. As we have seen in the chapter on the Circulation, the blood is the vehicle for carrying the nutriment from the stomach and intestines to every part of the body. As indigestion prohibits the charging of the blood with a sufficient quantity of nutriment, every part of the body is weakened by the inadequate nutrition, the efficiency of the organism as a working and achieving mechanism is lowered, and the entire system loses much of its disease-resisting power. Any disease, therefore, may invade the body. It will shorten life if it does not cause death within a short time. Unhappily the fact is very likely to be overlooked that indigestion was the promoting cause of the entire trouble. If death is caused by consumption, Bright's disease or some other fatal malady that appeared as the consequence of weakness growing out of impaired nutrition, that malady is charged with the trouble, and the valuable lesson that ought to have been learned is lost.

Elaborate Dieting Avoided

A part of the remarkable success of the Viavi system of treatment for indigestion (dyspepsia) is due to the fact that it imposes no hardships on the sufferer—it does not reduce the strength while overcoming the disease. Under ordinary systems of treatment, elaborate, difficult and confusing dietaries are imposed; frequently actual starvation, or an approach to it, is required. Under the Viavi system of treatment the prime fact is kept in view that the body needs all the nutriment it can get in the natural way. Hence the simple rule of diet under the treatment is this: Avoid overeating; eat moderately whatever wholesome food is desired; employ as great a variety of foods of all wholesome kinds as possible, the variety to be from day to day, or week to week, but each meal to be simple; ascertain by careful observation what foods give the most distress, and avoid them; avoid liquids with meals; eat very slowly, and at regular times. Food should be taken at the proper temperature, about blood heat, neither too cold nor too hot. There is nothing difficult in such a dieting course as this. It imposes no heavy strain on the mind; it does not reduce the quantity of food to an irrational limit; it does not make any radical change and produce disturbance on that account. At the same time the forms of Viavi used in the treatment of this affliction are themselves an important food, and by being predigested impose no task upon the system to prepare and assimilate them, the cerate not coming in contact with the digestive organs at all, but entering the blood by absorption through the skin.

Some principles of diet will be found in the chapter on Obesity. They

refer particularly to the fat-producing character of various foods, but have a general value as well.

What Things To Be Avoided

The great idea of the system of Viavi treatment is not to deprive the stomach and bowels of the work that they were designed to do, but to enable them to perform it. It is the opposite, therefore, of those treatments which contemplate the use of pepsin and other artificial digestive agents introduced into the stomach to do the work that Nature intended it to do. Nothing can do Nature's work so well as Nature herself. The Viavi system of treatment, by assisting Nature to strengthen and build the nervous system, enables the nerves controlling the stomach and bowels to do their work properly, and by enriching the blood and assuring its proper circulation secures the natural nutrition of the entire body. All stimulants, sedatives and the like are to be strictly avoided, as they lower the nervous forces and aggravate the evil. Alcohol, tea, coffee and tobacco must be abandoned if an early recovery is desired, or at best used in extremely small quantities, except alcoholic drinks, which must be avoided entirely. Constipation must be overcome and the bowels made to empty themselves every morning at a certain hour, both by inviting them to do so and by using the Viavi laxative if it is needed. (See Chapter on Regular Habits.) Keeping late hours will prevent recovery. Mental work should be made lighter if it has been too heavy. Brooding over the trouble indoors will only make it worse. More outdoor exercise and recreation are required in this affliction than in almost any other. In short, all that the Viavi system of treatment requires in the way of personal conduct is common sense and prudence. If sufferers are not able to comply with those conditions they will only be wasting their time by adopting the treatment. The time consumed in the cure will depend on the character of the affliction, the time it has existed, the common sense and prudence of the sufferer, and the fidelity and thoroughness with which the treatment is used. The cure is slow. A quick cure of indigestion is not possible.

The Treatment for Indigestion

The Viavi tablettes are to be used for stomach troubles other than catarrhal conditions (see Gastritis, further on), especially if they are complicated with disease of the liver. The tablettes are easily assimilated and made use of as a food by the nerves and tissues of the entire alimentary tract. Especially is its action felt upon the nerves that control digestion and the blood supply, through the medium of which the entire body is nourished.

In conjunction with the tablettes the Viavi cerate is to be used externally over the spine (see Cerate on Spine), belly, stomach and liver, daily. The action of the cerate is both superficial and deep, and is felt upon the internal organs although applied externally. The action of the tablettes,

although taken internally, is likewise both deep and superficial; hence the best results are obtained by the use of the tablettes and cerate together. Before massaging the parts see Rules for Abdominal Massage.

The cold compress is to be used over the region of the abdomen and liver twice a week. (See Cold Compress on Abdomen and Liver.)

If the bowels are inactive the Viavi laxative is to be used until the normal movement is established.

We refer the reader to the chapter on the Forms of Viavi, with particular reference to the Viavi liquid and the Viavi tabletes; so that confusion as to which to employ may not occur.

Irrational Means Employed

Persons suffering from chronic dyspepsia are accustomed to the use of powerful drugs for temporary relief, and then expect the same results from a treatment that will cure; hence the bitter disappointment experienced by those who "just try Viavi." We wish no one at this time to commence the use of Viavi system of treatment for stomach troubles, otherwise than malignant, with the impression that he or she is "trying" it, for such is not the case. Every clinical claim made for the Viavi system of treatment has been proved thousands and thousands of times in years passed. We know just what it will do, but we cannot always tell the time it will take Nature to perfect a cure, nor just the symptoms that will arise after its use is begun, as all these things depend upon the sufferer's condition when the treatment was begun. Many of the conditions coming under the treatment are complicated, obscure and of many years' standing; but the Viavi system of treatment will assist Nature to right these conditions if only given sufficient time and employed in the proper manner.

Cases Illustrating the Cure

The following few of the many in which a cure was obtained by employing the Viavi system of treatment will illustrate the action of the treatment: Mr. H., of New Hampshire, U. S. A., was afflicted with dyspepsia, accompanied with chronic diarrhea, sciatic and inflammatory rheumatism, heart trouble and dropsy. Numerous physicians treated him, but without success. A large lump developed on the side of his neck, and scrofula was among the complications. A faithful and persevering use of the Viavi system of treatment given by his wife, effected a happy recovery. The lump disappeared.

Mr. K., of Colorado, U. S. A., had suffered for twenty-five years with indigestion. He was cured by using the Viavi system of treatment. "The expense," he wrote, "is nominal, compared with doctors' bills."

Dyspepsia in the case of Mrs. K., of California, U. S. A., was a complication from retroversion. She had almost to starve herself in order to live at

all. When the Viavi system of treatment had enabled Nature to effect a complete cure of her uterine displacement, her dyspepsia disappeared. This case was a very severe one.

The case of Mrs. M. is exceedingly interesting. Constipation, indigestion and womb trouble afflicted her for twelve years. Physicians had treated her constantly. She was compelled to take a laxative every night to escape a headache. A change of climate so benefited her that she became pregnant. The child was born, and its death occurred three years afterward, at a time when she was again pregnant. Added to this was an attack of malaria, for which her physician dosed her heavily with quinine. This produced an abortion, which wrecked her health. Her condition became such that cathartics failed to move her bowels. She was starving from indigestion, and nervous prostration overtook her. She came under the Viavi system of treatment for her uterine trouble, which yielded to it. Her nervous system became stronger. She continued the treatment for nine months and then came under the special Viavi system of treatment for her stomach and bowels. Her recovery was complete.

The little son of Mrs. C. suffered with great enlargement of the abdomen and complained of pain. She treated him with Viavi tablettes and cerate, and he grew well.

GASTRITIS.

(CATARRH OF THE STOMACH.)

Gastric catarrh, or inflammation of the lining membrane of the stomach, is similar to a catarrhal condition of any other mucous membrane. It may develop from the acute form into the chronic.

The principal causes of gastritis are the use of either too hot or too cold drinks or food, alcoholic drinks, iced water, iced milk, ice-cream, overheating, etc. It may be caused also by taking cold, as other catarrhal conditions of the body are produced, by mental strain, starvation, grief and other causes. Such persons are generally despondent and irritable; the circulation is poor, the hands and feet being generally cold; the stomach feels full and is sore to the touch, and even the clothing is uncomfortable; there is belching of gas, which brings up a flat-tasting or sour fluid; there is much mucous in the mouth and stomach; there is either loss of appetite or ravenous hunger; nausea may occur, and there may be great distention of the abdomen from the presence of gas. In the beginning the bowels are generally constipated, but if the bowels become implicated the stools are fetid and mushy.

Gastritis is generally complicated with inflammation of the small intestines. For treatment of gastritis see the end of the next chapter.

CHAPTER XLVII.

DISEASES OF THE BOWELS.

(CONSTIPATION, DIARRHEA, CATARRH.)

CONSTIPATION is a retention and a hardness of the feces (excrement). It may be caused by inactivity of the intestines, by a diminution in the quantity of bile or other secretions, or by such mechanical obstruction in women as tumors, displacements of the uterus, etc. As health depends very largely upon the regularity of the bowels, it becomes a very important subject to understand.

A normal movement of the bowels should occur daily. Inattention to the calls of Nature will be followed sooner or later by bad results. (See chapter on Regular Habits.) When the nerves of the intestinal tract notify the brain that the intestines are loaded with fecal waste, for which the body has no use, it is essential to health that Nature's orders be obeyed immediately. When the call is neglected the desire passes away, and the poisonous substance, which should have been expelled, is retained. This retention of fecal waste greatly impairs the peristaltic movement and the extreme nervous sensibility of the tract. The absorbents take up the fluid parts of the waste; this renders the feces hard and troublesome to expel, causing them to injure the rectum and anus. The blood is poisoned by the absorption of part of the waste.

When Stools Are Natural

There is nothing, that renders one so uncomfortable and so dissatisfied with one's physical condition as ineffectual attempts to evacuate the bowels. Normal evacuations occur with but little muscular effort. When digestion is normal the excrement forms a soft, light brown, sausage-shaped mass, being slippery from the various digestive secretions and covered as with a layer of slime. The end of the rectum is anatomically arranged so that healthy excrement passes from the body without soiling it. If the digestion is normal the feces will never have a disgusting odor, neither will the "wind" that passes from the bowels.

The nervous condition of the intestinal tract has a great deal to do with constipation. One of the properties of the bile is the power of exciting the

muscular, or peristaltic, movement of the bowels through its effect upon the nerves. In this way it aids the onward movement of the food and waste. Bile is Nature's purgative, but if the nerves are not in a condition to be stimulated by it, the action of the bowel is not excited. It remains sluggish; hence constipation. This will assist the reader in understanding why the clinical range of Viavi is so extensive through its action upon the nervous system alone.

Evil Effects of Constipation

An overloaded condition of the bowels is a cause of much pain and sickness. The distension of the colon becomes a mechanical impediment to the free circulation of the blood in other organs, and thus causes congestion of the portal system. This results in diseases of the liver, often cancer, serious rectal trouble, and possibly abdominal dropsy. In women it causes inflammation of the uterine organs, both womb and ovaries, displacements, leucorrhea and menstrual anomalies. As already stated, the presence of fecal matter deadens the nervous sensibility of the bowels so much that powerful stimulants are required to excite them to action. Of course, their use gives only temporary relief. They must be used repeatedly and the dose increased daily to bring about the desired results. Derangement of the stomach ensues in time.

The Treatment for Constipation

When constipation depends upon an inactive liver for its existence, the Viavi tablettes, cerate and laxative are advised. (See chapter on Diseases of the Liver.) When it depends upon a displacement of the womb, the Viavi capsules, cerate and laxative are to be used to right the displacement and so relieve the mechanical obstruction. (See chapter on Displacements of the Womb, with treatment.)

When the stomach acts badly and in consequence the whole alimentary tract becomes sluggish and implicated from the mouth to the anus, the Viavi tablettes, cerate and laxative are advised, in order to tone up the whole tract. (See chapter on Diseases of the Stomach, with treatment.)

We call particular attention to the use of the Viavi cerate in constipation, over the region of the spine, abdomen and stomach. (See Kneading of Bowels with Cerate, for constipation.)

If this chapter is carefully read it can be understood how necessary it is to give to the nervous system a sufficient quantity of this nerve food, Viavi, by which it is enabled to perform its various functions, the movements of the bowels being a very vital one.

Patrons should drink sparingly at meals, but freely of water between meals, especially upon arising and before retiring. We advise also deep abdominal breathing, by which the abdominal muscles and intestines are exer-

cised and their movement strengthened. A good circulation of the blood also is necessary, for establishing which we refer the reader to the various baths described in the latter part of this volume.

The Viavi laxative contains the Viavi principle in conjunction with tried remedies. It gradually and mildly restores lost reactive power in this muscular tube. The worm-like, or peristaltic, movement of the large intestine is strengthened; hence the fecal matter does not become hard and heavy, decomposing, producing gas, and bringing about a long train of ills.

A speedy cure for constipation does not exist and never has existed. Before regular, normal movements of the bowels can be obtained the whole tract must be rendered naturally active, not temporarily overstimulated. The use of the Viavi system of treatment tends to bring about a corrected condition along natural lines.

The pendant abdominal massage as an adjunct to the Viavi treatment is always followed by magnificent results. (See Pendant Abdominal Massage.) This massage helps to stimulate the activity of the tract, and this activity becomes permanent. It should always be kept in mind that Nature must be assisted in every way possible to perform her work.

Copious and frequent flushings of the bowels prove both injurious and weakening. A rectal douche is frequently necessary in stubborn constipation when sufferers first come under the treatment; by such douches relief is obtained for the time being. A rectal douche should be taken while the patron is in a reclining position on the left side, allowing from two to four quarts of moderately warm water to pass from a fountain syringe into the rectum. The body should not be constricted by bands nor corsets, but should be given plenty of freedom. The water should be retained from fifteen to thirty minutes, and the patron should remain quiet for that length of time, as exercise while the bowels are so loaded will at once cause the water to be expelled without exciting the peristaltic movement, thus failing to produce the result most desired. Once a week is sufficiently often to flush the bowels, unless the constipation is exceedingly stubborn.

The diet should be varied, and fruits should be abundantly eaten.

Cases Illustrating the Cure

From the thousands of cases of constipation that have yielded to the Viavi system of treatment the following may be cited as illustrative of all: " A gentleman troubled with the stomach and bowels and unnatural evacuations secured health by means of the Viavi system of treatment.

Mrs. M. had not had a natural action of the bowels for thirty years. Indigestion and headaches were a small part of her trouble. Her womb had been prolapsed for thirty years, ever since puberty. Dropsy appeared in her legs. She secured a perfect cure of all her afflictions after employing the Viavi system of treatment faithfully.

From infancy a little girl had been afflicted with unnatural action of the bowels. At four, epileptic attacks occurred, sometimes several a day. Treatment by physicians failed to give benefit. After she had been placed under the Viavi system of treatment the action of the bowels became natural; her fits grew lighter and farther apart, and finally disappeared altogether.

Habitual constipation in the case of Mrs. W. was complicated with retroversion, leucorrhea and suppressed and painful menstruation. She was under treatment for six years by able physicians. At last, in despair, she placed herself under the Viavi system of treatment. Its effect was magical. The leucorrhea ceased, menstruation became natural and painless, and the displacement and constipation were cured. After she had used the treatment she became pregnant, passed through comfortably to labor (which lasted only an hour), and gave birth to a baby that weighed ten and a half pounds; it was never ill a day.

DIARRHEA.

Diarrhea is exactly the opposite of constipation. Constipation is caused by lost functional activity of the intestinal tract, and diarrhea by an overstimulation of functional activity. Diarrhea is characterized by frequent liquid evacuations, which may be accompanied with severe pain or none at all. The character and quantity also of the stool vary greatly. The disease may be either acute or chronic. It is the bane of infancy and childhood, claiming countless thousands of helpless little victims annually.

For diarrhea the Viavi liquid is advised. It should be taken in the stomach in the doses named on the bottle, three times a day, about twenty minutes before each meal. If the sufferer does not have the Viavi liquid on hand a uterine capsule may be swalloyed at night just before retiring; the results will be the same, to allay and overcome the existing intestinal irritation.

The Viavi cerate is to be used over the region of the spine and abdomen daily. Such articles of food as have a tendency to loosen the bowels should be abstained from, and food should be taken in small quantities and frequently. Rest is absolutely necessary.

A vapor bath will prove exceedingly helpful by making active the function of the skin; it should be taken twice a week. (See Vapor Bath.)

The use of opium in any form (including laudanum) to lock up the bowels while under the Viavi system of treatment is strictly prohibited.

A hot and a cold compress upon the abdomen, each once a week, will assist in strengthening the entire intestinal tract. (See Hot Compress and Cold Compress.)

Cases Illustrating the Cure

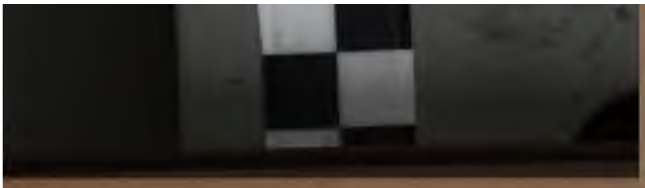
Diarrhea is the overshadowing evil of army life, and has doubtless claimed far more victims than the bullet. It is particularly the scourge of European and American armies in tropical countries. In such cases it comes from unwise eating, the debilitating effect of the climate, and impure water. The armies of the United States, England, France and Spain have been severe sufferers from this source. Even in wars waged by the American and European armies in latitudes to which they were accustomed, the mortality from diarrhea and its sequel, dysentery has been enormous. The disease is one of the most refractory with which ordinary methods have to deal. Here is a case in point:

Mr. L. had suffered for thirty years from chronic diarrhea, with stomach trouble and extreme nervousness, having contracted the disease while serving in the American Civil War of 1860-65. His height is five feet ten inches. When he entered the army he weighed one hundred and eighty-six pounds; upon leaving it, afflicted with chronic diarrhea, his weight was one hundred and nine pounds. He consulted the ablest physicians, who declared that his case was incurable. He went under advice to California for its climatic benefits, but he failed to secure them. There were but few things that he could eat; was extremely nervous and suffered with insomnia; could not bear the pressure of his clothing on his stomach and abdomen, by reason of the great soreness there. Everything else having failed to benefit him, and his life being unendurable with so much suffering, he placed himself under the Viavi system of treatment as a last resort. He was entirely cured. His weight rose to one hundred and forty-five pounds; he could eat anything without feeling the slightest distress; slept perfectly; lost his nervousness and regained his activity and his ability to enjoy life. His gratitude may be imagined.

Mr. S., seventy-nine years of age, had suffered for years with chronic diarrhea. The failing of his eyesight led to his use of the Viavi cerate rubbed upon his eyes to arrest encroaching blindness. It did some good. Then he adopted the Viavi system of treatment for his diarrhea, and with the cure of that disease under the treatment, his eyesight returned in full integrity.

Mrs. C. had catarrh of the stomach and bowels, with continual running of the bowels, developing vomiting, which continued for three months. Her mouth, chin and throat were a mass of ulcers; her hands were swollen, cracked and bleeding; she was extremely emaciated, and her physicians announced that she could not live. She placed herself under the Viavi system of treatment, and for three weeks continued to grow weaker; after that her recovery progressed rapidly.

Mrs. M.'s little son, three years old, had been ailing and feeble from infancy. There was no control over the bowels; appetite voracious; nervous, *puny*; unable to sleep; sores on his face from indigestion; stomach badly



ured by strong medicines. The mother was informed by a physician that e could not rear the child and that it would better have died at birth. She d about given up hope, when she heard of the Viavi system of treatment d decided to try it. She rubbed the Viavi cerate over his spine, abdomen d liver, and in a short time he began to improve. All the distressing symp- ns gradually disappeared, until he became a stout, happy boy, eating any- ng and sleeping soundly. Mrs. M. regards the Viavi system of treatment the best for her children. A mother can understand what such a victory ans.

It will be observed that the cases here selected to illustrate the remark- e curative powers of the Viavi system of treatment were all very serious. is not to be inferred that a slight attack of diarrhea is not serious; if ne- cted it will very likely become chronic. The treatment produces quick re- ts in acute attacks, whether slight or severe. Diarrhea is a most weakening d discouraging disease, and by both exhausting the system and preventing proper nutrition it opens the way for any other disease. This is particu- ly noticeable in malarial regions.

CATARRH OF THE BOWELS.

The symptoms of intestinal catarrh vary according to the part of the estinal tract involved and the intensity and degree of the inflammation. hen the inflammation is confined to the lining membrane of the upper part the tract, diarrhea is but seldom present; but when the lower part is olved the stools are slimy and often bloody, and they are usually preceded sharp, cutting pains in the abdomen. After stool the pain subsides.

When acute intestinal catarrh develops into chronic form, the sufferer nks and speaks of nothing but his sufferings, which are told over and over anyone that will listen. Such persons become emaciated, and the abdomen ks inward. The bowels will be alternately constipated and loose. The d stools are covered with a phlegm-like substance, while the soft stools slimy and jelly-like. Quantities of a substance may pass that resembles lining of the bowels. Great quantities of gas pass from the bowels, giving lef.

Treatment for the Disease

The forms of Viavi to be used for gastritis and intes- tinal catarrh are the Viavi liquid and cerate. The liquid is to be taken internally three times a day in a little hot ter, in from five to ten drop doses, about twenty minutes before each meal. ildren are to be given one-half this quantity. When acute diarrhea is pres- , five drops may be taken every three hours until relieved, and then taken longer intervals. For children under five years of age, ten drops of the

Viavi liquid should be placed in half a glass of water and a teaspoonful given every hour.

The cerate is to be used daily in a very thorough way over the regions of both belly and stomach. Before massaging with the cerate, read Rules for Abdominal Massage. The cerate is to be used also over the region of the spine daily in a very thorough way. (See Cerate on Spine.)

The Viavi tablettes may be used instead of the Viavi liquid for gastritis and intestinal catarrh, especially when the liver is implicated. They are much more easily carried on the person, being put up in dry form and in small, neat packages; but where the patron has evidence that the kidneys are involved and the affection is located permanently in one place, the Viavi liquid assists Nature much more quickly than the tablettes.

The hot or the cold compress over the region of the stomach and belly, as indicated in each individual case, should be used twice a week.

Case Illustrating the Cure

We cite the case of Mrs. C., who was cured of catarrh of the stomach and bowels in 1893 by means of the Viavi system of treatment. This patron had been given up to die by several eminent physicians. Almost a continual discharge of a slimy substance escaped from the bowels. She was bedridden, vomiting almost constantly, and her emaciation and weakness were extreme. This condition had continued for a long time. The woman grew seemingly much worse after coming under the treatment, and became very weak and exhausted, but in a few weeks another change occurred and the progress from that time on was rapid. The most careful nursing and regular use of the treatment in this case were necessary to save her life. She continues well. Many more cases of cure under the Viavi system of treatment might be cited.

CHAPTER LXVIII.

DISEASES OF THE LIVER.

THE liver is the largest gland in the body. It is situated in the right side. The substance of the liver is composed of small lobules about one-twenty-fifth of an inch in diameter. The organ is covered externally by the peritoneum. The peritoneum forms the better part of the suspensory ligaments that hold the liver in place. The liver has five lobes, the right being the largest. It has also five vessels, namely, the hepatic artery and vein, the portal vein, the hepatic duct and the lympathics. The gall bladder, a membranous sack or reservoir for the bile, is placed in its lower surface.

How the Bile Is Secreted

The liver receives two kinds of blood. It is nourished from its arterial supply. The arrangement of the blood vessels within the liver is very peculiar and differs largely from the arrangement of the blood vessels in any other part of the body. Bile is produced in the liver from the blood distributed in its substance by the portal vein and the hepatic artery, and not from the blood of either of these vessels exclusively. The blood from the capillaries in the mucous membrane of the alimentary tract and the spleen is not returned directly to the heart by the veins, but it is collected in the portal vein and carried to the liver, where it is then distributed in a second set of capillaries. In this manner the liver acts as a filter, by which certain constituents (including bile) are separated from the blood. After this occurs the blood is collected in the hepatic vein and carried by the vena cava directly to the heart. After the bile has been separated from the blood in the capillaries of the liver it is conveyed into the gall bladder, whence it gradually passes into the cystic duct, where the function of the digestive tract demands its use.

If the gall is held within the gall bladder indefinitely, it forms into hard lumps, known as gall stones, the passing of which through the small duct causes the most intense agony to which human beings are subjected by impaired function. Sometimes they lodge at the entrance and prevent the passage of the bile, causing cancer of the liver.

The Purposes of the Bile

When the liver and its appendages are in a healthy condition the bile is passed into the intestinal canal drop by drop after each meal, just below the point where the stomach empties its contents into the same part of the digestive tract. The chemical action of the bile carries the partially digested food downward with it. If it is not secreted by the liver in proper quantities, constipation results. In health it is estimated that there are about twenty-one ounces of bile secreted daily. If the liver becomes inactive it does not separate the bile from the blood. This causes the blood to become discolored, and it in turn discolors the skin, which may become mottled, or yellow like a pumpkin. This condition thus created is called, according to its degree, biliousness, jaundice or yellow fever.

In the intervals of digestion the bile is stored up in the gall bladder in considerable quantities. It continually escapes into the intestinal tract, but is much more abundantly poured out during intestinal digestion.

The nerve supply of the liver from the cerebro spinal and sympathetic systems is very abundant; hence Viavi, acting beneficially upon the nervous system, acts beneficially also upon the liver.

Need of a Good Circulation

The proper secretion of bile depends upon a normal circulation of the blood within the liver; and as we employ Viavi to assist Nature to establish the circulation, its action is felt beneficially upon every organ of the body, the liver included.

The large veins of the liver, or portal system, communicate freely with the hemorrhoidal veins by means of branches, thus closely connecting the blood supply of the liver with that of the rectum. For this reason diseases of the rectum are often caused by impeded circulation within the liver. (See chapter on Diseases of the Rectum.)

Viavi Treatment Advised

To obtain a beneficial reaction and a healthy circulation within the liver, we advise the use of the Viavi tablettes, and also that of the Viavi cerate, which is to be applied over the region of the liver, abdomen and spine daily. (See Cerate on Spine; also see Rules for Abdominal Massage.)

We advise also the use of the hot and cold compresses over the region of the liver, used alternately, twice a week, one of each. (See Wet Towel Compress on Liver, and Hot Compress and Cold Compress.)

By this treatment the circulation of the liver is promoted. In conjunction with this treatment every means should be employed, including *baths*, proper exercise and intelligent habits, to improve the general circulation and strength.

The liver is undoubtedly one of the most abused organs of the whole body. When it becomes inactive from impeded circulation it is commonly assailed with drastic purgatives, the indiscriminate use of which not only impairs the physiological action of the liver, but also establishes stubborn chronic constipation. Through the medium of the Viavi system of treatment the portal circulation is established, all the functions of the liver are restored, and thus Nature is assisted not only in curing, but also in preventing, all forms of diseases to which the liver is subject.

Cases Illustrating the Cure

The following cases are illustrative of the cure effected by means of the Viavi system of treatment in diseases of the liver: For six years Mrs. E. suffered with stomach and liver troubles, gall stones being present. Sixteen physicians had treated her. She was badly jaundiced and her liver was enlarged. She began the use of the Viavi system of treatment, and received no benefit after using it for several months, and would have discarded it had not her daughter insisted on her continuing it for a sufficient length of time. She grew very ill, and then, after passing a mass from the bowels, rapidly grew better. Her appetite returned and her weight increased to one hundred and thirty-four pounds.

Mrs. M. had ulcers on the liver, complicated with ulceration and prolapsus of the womb; her heart also was implicated; she was extensively bloated, and had attacks of fainting. Treatment under the best physicians for years sometimes brought her relief, but not a cure. At the time when she began the Viavi system of treatment her physicians had given her three days longer to live. She had not been able to lie down for weeks. She used the Viavi capsules and cerate twice a day and a change for the better occurred. The ulcers on the liver broke, and discharged through the bowels. Cold compresses on the head and spine and hot foot baths relieved the severe headaches that now afflicted her. She was entirely cured, and remains well.

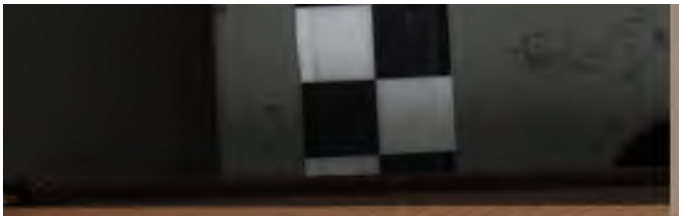
CHAPTER LXIX.

DISEASES OF THE KIDNEYS.

THE kidneys are two bean-shaped organs situated in the back part of the abdominal cavity, their upper two-thirds lying above the waist line and the lower one-third below, one on either side of the spine. The convex side of the kidney is directed outward and the concave side inward, toward the spine. The kidneys vary in weight from four to six ounces each. From the center of the concave side of each kidney (the hilum) a tube, the ureter, commences; and it terminates in the bladder. These tubes vary in length from sixteen to eighteen inches, and are for the purpose of carrying the urine from the kidneys to the bladder.

The kidneys are important excretory organs, their function being to remove certain waste material from the blood. The excretion of the kidneys, the urine, is an amber-colored fluid having a specific gravity varying from 1.015 to 1.025. The composition of the urine and the quantity excreted vary greatly. Both are influenced largely by the character of the food and the temperature of the atmosphere. A healthy person secretes, on an average, fifty ounces of urine in twenty-four hours.

The kidneys are subject to diseases the same as other organs of the body, their functional activity depending largely upon the normal condition of their nerve and blood supply. These organs are so often disturbed reflexly from diseased conditions in other parts of the body and in other organs that it is seldom we meet with an uncomplicated diseased condition affecting them. We have obtained very encouraging results from the use of the Viavi system of treatment in treating diseases of the kidneys, but as most of these cases have been complicated with diseases of the alimentary and uterine tracts, we wish to make no positive statements as to the action of the treatment upon the kidneys where the trouble is not reflex from diseased conditions elsewhere which come directly within our clinical range. It is reasonable to assume that inflammation of the kidneys comes within the curative range of the Viavi system of treatment the same as inflammatory processes elsewhere.



What Treatment Is Best

Where symptoms indicate that the kidneys are not performing their function, the Viavi liquid is to be used in from five to ten drop doses three times a day, in a little hot water, about twenty minutes before each meal, as the liquid acts beneficially upon the whole urinary tract; while the Viavi cerate should be used daily over the region of the whole back, from the nape of the neck to the end of the coccyx, and over the kidneys especially.

Those who have had their diseases diagnosed as diabetes, albuminuria, etc., are invited to correspond with the Hygienic Department of the nearest Viavi office. An analysis of the urine should be sent. If it cannot possibly be procured, a sample of urine should be forwarded, so that it may be analyzed, an advance charge of ten dollars in the United States and of two pounds in the United Kingdom being made for the analysis. All of the urine passed in twenty-four hours should be saved in one vessel, then stirred well, and about sixteen ounces forwarded by express, expenses prepaid. The patron should place name and address inside of the package, so that we may know from whom it came, as many such packages are received daily. An analysis of the urine will greatly assist us in advising as to the treatment to be employed.

Cases Illustrating the Cure

Among many cases of cure of kidney troubles that have come within the experience of Viavi advocates are the following. It will be observed that in some of these cases the disease seemed to be primary and uncomplicated, and that in others it was complicated with other diseases, probably being a reflex condition. That fact made no difference with the cure.

Mr. F. C. R., of London, England, exhausted his forces by overwork; his customary energy and vitality vanished, and a feeling of languor prostrated his energies. He took to his bed and succumbed to a high fever, his temperature running up to 103 degrees. His trouble was inflammation of the kidneys. He would have sent for a doctor had it not been that his wife was under the Viavi system of treatment and was deriving so much greater benefit from it than from treatment by specialists during her twenty years of suffering, that she applied it to him. He entirely recovered and returned to his business, "rejoicing," he wrote, "in the conviction that you have saved me a big doctor's bill, and, better still, probably some weeks of suffering in bed."

The four-year-old nephew of Mrs. T. had been very delicate from birth; he was thin, always peevish, fretful and very weak. He could not control his urine, and always wet the bed. A cold douche every morning upon the spine, followed by a vigorous rubbing in of the Viavi cerate over the kidneys and down the spine, put a stop, almost immediately, to the bed-wetting. He steadily gained flesh and a healthy color, and from being confined to a milk

diet (the only thing that would agree with him), he developed an ability to eat anything he wished.

Mrs. F., of Portland, Oregon, U. S. A., had intense pain across the hips and in the side, with terrible headaches and fainting spells, and could not go out alone for a year. An eminent physician of St. Louis diagnosed her case as floating kidney. She was treated by many physicians, but without benefit, and she was told that her condition was incurable. After being helpless for four years, and growing constantly worse, she adopted the Viavi system of treatment. For the two first weeks she felt very badly, but could eat and sleep. In time she was perfectly well. Two years afterward she reported that there had been no return of her trouble. We do not think this was a floating kidney and we do not wish to be understood as claiming that floating kidney can be cured under this treatment.

A very remarkable cure was that of Mrs. W., of Kansas, U. S. A. She had suffered nine years with womb, kidney and bladder troubles, and had received the best medical attention, without benefit. She was bloated to twice her natural size, and suffered with palpitation of the heart. Under the Viavi system of treatment she secured a recovery.

It is unnecessary to report more of these cases.

CHAPTER LXX.

DISEASES OF THE RECTUM.

(PILES, ABSCESS, FISTULA, ETC.)

THE rectum is the terminal part of the large intestine, or rather the termination of the whole alimentary tract. It averages in length from six to eight inches, and is divided into three parts, the upper, middle and lower. The rectum is not straight. Beginning at the S-like turn (the sigmoid flexure), its upper part is directed obliquely from the left side to the center of the body, the middle part curving in the direction of the bones forming the back wall of the pelvis (the sacrum and coccyx), the lower part presenting a short curve in the opposite direction. The upper part of the rectum is almost completely surrounded by peritoneum, the middle part only about its upper front surface, while the lower part receives no peritoneal covering whatever. The rectum terminates in two sphincters, the internal and the external (sphincter ani, or anus). The sphincters are composed of small bands or rings of muscle, which relax and contract as do other sphincter muscles of the body.

Blood Supply of the Rectum

The blood vessels of the rectum are abundant, and are remarkable for an absence of valves in the veins. They are named the hemorroidal, of which there are the superior (upper or greater), the middle, and the inferior (lower or smaller). All of these veins terminate in the network of small veins, the hemorrhoidal plexus, that surrounds the lower end of the rectum.

The large veins of the liver (the portal system) and the general venous system communicate freely with the hemorrhoidal veins by means of branches that compose this plexus. This explains how a diseased liver, which impedes the portal and abdominal circulation, also seriously interferes with the circulation of the blood in the veins of the rectum. The effect is the same as tying a string about the arm above the elbow; it interferes with the circulation of the blood in the finger ends. The damage done the blood vessels of the rectum is very much greater from impeded circulation by reason of the absence of

valves in the hemorrhoidal veins and their enormous capacity, as the tissues are soft and elastic in the rectum, permitting of great expansion in the terminals of the hemorrhoidal veins.

The Simple Origin of Piles

The rectum, on account of its large and peculiar blood supply, is likely, from impeded circulation within any part of the abdominal and pelvic cavities, to become the seat of painful diseases, the most common of which is known as hemorrhoids, or piles. Piles are caused by so simple a process as an abnormal collection of venous blood in the rectal veins.

The chief predisposing causes of piles are the erect position of the body, the position of the hemorrhoidal veins as the terminals of the abdominal vessels, and the absence of valves to sustain the return flow of blood in its upward course. Hemorrhoids most frequently appear at the bulb-like terminals of these veins.

The Many Causes of Piles

Any cause that favors an undue accumulation of blood in these parts predisposes to piles. In men they are caused by a stagnation in the liver, the habitual use of cathartics, a long-continued sitting or standing position, lifting, excessive use of alcoholic stimulants, eating highly seasoned food, horseback riding, cycling and constipation. In women they are caused, as a rule, from an enlarged and misplaced uterus, mechanical pressure from tumors in the abdomen, pregnancy, the wearing of tight corsets and bands about the waist (which impede the circulation and crowd the viscera downward), heavy skirts, constipation, the habitual use of cathartics, diarrhea, sitting on heated cushions or cold stones, indolent, luxurious habits of living, and an inherited tendency to their development.

Different Kinds of Piles

Piles are divided usually into the external, or blind, and the internal, or bleeding. External piles are again divided into venous and cutaneous. The venous piles are caused by a distension of the external hemorrhoidal veins terminating about the anus. They appear about the anus as soft, bluish, round tumors. By pressing the finger upon the external venous pile it will be temporarily emptied of the blood and will disappear, only to return as soon as the pressure is removed. Such piles will not cause much suffering unless inflamed, when they become exquisitely sensitive and often suppurate, terminating in fissures and other painful conditions. Such piles rarely bleed.

In cutaneous piles the skin about the dilated vessels becomes inflamed and exceedingly sensitive. Small tumors are thus formed, which often hang down like tags.

Sufferings of Men from Piles

By reason of the more active lives that men lead, their sufferings from piles are very great. Whether sitting or walking in the pursuit of his affairs, a man constantly irritates the affection. This serves not only as an aggravation of his condition, but also as a source of constant annoyance and pain. He can take none of the vigorous pleasures of which men are naturally so fond and which are so valuable to their health, without receiving more pain than pleasure, more injury than benefit. Walking, riding, driving, bicycling, traveling—all of these cause torture and sap the strength where they should bring delight and add to the strength. A man finds absolutely no rest from this affliction. Even in bed the torture pursues him. The disturbance of his rest and sleep presents a strong temptation to indulge in those alcoholic stimulants or nerve-deadening drugs that bring temporary relief, but that produce an aggravation of the disease and break down the constitution. No man can concentrate his attention on his affairs or occupation with a clear mind and the best results if he is constantly under this torture. No matter how slight the pain may be, if there is any at all it is perpetually demanding his attention and sapping his strength. Even though the pain may be only occasional, it is eating into his life while strenuously demanding that he give intelligent attention to his condition. If he suffers the slightest loss of blood at stool, he is drifting into a condition of weakness that will open the door to some disease that will prove fatal. Most broken-down lives become so as the result of neglecting these minor afflictions that wear out the vital forces by persistent siege, and so open the way for a nervous collapse or a fatal disease.

External Piles Overcome

The Viavi system of treatment for external piles is, first, to remove the cause, whatever it may be, in each individual case, as liver trouble, displacements, luxurious habits of living, etc.; second, to use a Viavi rectal suppository in the rectum once a day, just before retiring being the best time. In extreme cases a suppository both night and morning is to be used.

We particularly call attention to the chapter on the Liver when rectal troubles are complicated from that source. The treatment therein given must be followed closely in conjunction with that given for treating the rectum. When it is not convenient to use the cold compress as advised, a long towel, wrung from cold water, should be wrapped about the body at night upon retiring; over it a strip of dry flannel should be placed to keep the body warm and dry. This should be kept on until morning. The sufferer should avoid stimulating drinks and the eating of rich or constipating food. A copious draught of cold (not iced) water should be drunk the first thing upon arising in the morning and the last thing upon retiring at night.

The Viavi cerate is to be rubbed thoroughly over the spine (see Cerate

on Spine) and also over the region of the liver. It is to be used externally, too, about the anus twice daily, morning and evening, and when convenient the anus should be bathed with cold water after each stool and again thoroughly anointed with the cerate.

The bowels must be regulated with the Viavi laxative and the stools should not be permitted to become so hard that they will injure the inflamed tissues when passing from the rectum.

One patron had suffered from external piles for six years. When commencing the use of the rectal suppositories the sufferer was bordering on nervous collapse from the intense itching and burning experienced. After each stool followed that raw, smarting sensation which only those who have suffered can appreciate. This patron was dismissed as cured several years ago, and there has been no return of the trouble.

Internal Piles Described

This form of piles is much more serious than the external. They are situated within the sphincter, or anus. They also, for convenience, are divided into the venous, columnar and navoid, but as the treatment is the same it will not be necessary to describe each separately.

The patron's attention is first attracted by losing blood at stool. This symptom may be present long before pain is experienced. Later the bleeding may occur at any time and amount almost to hemorrhages, which greatly debilitate the sufferer. As the disease progresses pain is experienced at stool; there is a heavy pressure, as from a load in the lower part of the abdomen, and the rectum never feels completely emptied. There are then an indescribable burning and rawness within the rectum, which render the person unfit for duties of any kind. Such sufferers become irritable and nervous. They suffer from backache, headache and numerous other painful symptoms, until the whole system in time gives way. The piles become large and protrude, dragging with them the bowel, thus causing prolapsus. These pile tumors may remain protruding so long that they become strangulated, their great size preventing their return within the anus. The pain is extremely severe. Urinary disturbances frequently result from the irritation of internal piles.

Internal Piles Overcome

As with external piles, so the treatment of internal piles consists first in removing the cause producing them, whatever it may be. One or two Viavi rectal suppositories are to be used in the rectum daily, according to the severity of the case, while the Viavi cerate is to be used externally around the parts and over the lower part of the back, from the waist down. By means of the Viavi system of treatment Nature is assisted to strengthen the walls of the hemorrhoidal veins. They gradually regain their elasticity and contracting

powers, thereby establishing a normal circulation of the blood within the parts; in this way the abnormally enlarged hemorrhoidal veins are successfully reduced.

Piles, although subdivided and given many names, are simply tumors, composed of varicose or dilated veins of the lower end of the rectum, surrounded by infiltrated or connective tissue. Aside from the serious inconvenience and pain experienced with most forms of piles, there is a tendency to fistula and cancer in the rectal region. It is important, therefore, that the disease should not be allowed to run on unchecked.

A gentleman living in Southern California had suffered for twenty years from an aggravated form of internal, or bleeding, piles. His sufferings had been of so long duration and so intense that he had not the most remote idea of being cured when he came under the Viavi system of treatment; he employed it simply as a means of relief. He was dismissed as cured several years ago, and has remained well since, this showing that the cure was permanent.

Prolapsus of the Rectum

By prolapsus ani is meant a protrusion through the anus of the mucous membrane lining of the bowels; by prolapsus recti, a protrusion or descent of the whole thickness of the bowel, or rectum, through the anus. The whole bowel may protrude to the extent of from four to six inches. This trouble is more frequently encountered in children than in adults, but in either it shows a condition of slight resisting power and great relaxation of muscular fiber. The whole organism is implicated when such a condition exists. It is aggravated by straining at stool, by constipation or by irritation from worms, and it often accompanies piles.

The Treatment for Prolapsus

In the Viavi system of treatment to reduce a prolapsed rectum the sufferer should lie on the side. The tumor, or prolapsed rectum, should be well oiled with the dissolved Viavi rectal suppository (for this purpose about three of the suppositories may be dissolved in a tablespoonful of vaseline), and the rectum gently pressed back with a soft towel. If this is not successful the finger may be covered with lint, which should then be well anointed with the dissolved suppository, as above described, and introduced in the bowel, gently pressing up the tumor. The finger is then withdrawn and the lint left behind. The suppositories should be used regularly once a day, together with the Viavi cerate over the region of the spine, liver and abdomen. (See Cerate on Spine.)

The Viavi liquid should be taken into the stomach, as a general weakening of the whole intestinal tract is indicated, the liquid giving tone, strength and elasticity to the whole tract.

The nervous system is benefited by the use of the cerate over the region of the spine and abdomen, and externally about the genitals.

For children the dose is from three to five drops of the Viavi liquid, three times daily in a teaspoonful of hot water, about twenty minutes before each meal; for adults, ten to fifteen drops at the same time and intervals.

The Viavi royal also is advised, to build up the general system.

To show that such cases, although chronic and of many years' standing, are not incurable, we cite the case of a patron who had suffered from prolapsus of the rectum, or bowels, for ten years. A steady progress from the beginning of the treatment was made until a perfect recovery was obtained.

Sphincterismus, Pruritus

Sphincterismus, or spasm of the sphincter, is attended with considerable pain of a spasmodic nature. It is nearly always associated with ulceration or fissure of the rectum, or an inflammation of surrounding organs. When the paroxysms of pain appear the patron should be placed on the side and a hot, damp sponge or cloth firmly held against the anus. This moist heat should be repeated until the pain subsides. (See treatment herein for Fissure of the Rectum.)

Pruritus, or painful itching, of the anus is a most troublesome and annoying disease. It is due to many causes, as worms, small external piles, eczema of the parts, nervousness and excoriating mucous discharges. At night, when the sufferer becomes warm in bed, the itching sometimes is intolerable. Pruritus ani is sometimes purely nervous, no inflammation existing. The skin about the anus under these circumstances has a dead, white, parchment-like look. These cases are the most difficult to treat. Nervous persons who give way to scratching often produce an eczema, or excoriate the whole anus and its neighborhood.

The Viavi rectal suppositories in the rectum and the Viavi cerate externally are here advised, together with the use of the Viavi laxative, to regulate the bowels. The patron should avoid scratching, and at night should keep the buttocks separated by a plug of absorbent cotton or wool.

If at night the moisture about the anus causes itching (pruritus) and great uneasiness, the parts may be dried with a soft piece of linen and dusted thoroughly with powdered corn starch, which absorbs the moisture and alleviates the distress.

Thread Worms a Cause

If pruritus, or itching, of the parts is caused by worms, the cause, worms, should be removed. To rid the rectum of the worms cold salt water should be injected. It must be remembered, however, that as worms live chiefly in the cecum, which is the first part of the large intestine, only temporary relief is obtained, for they soon reappear. The Viavi liquid taken in fifteen drop doses for adults and in from three to five drop doses for children, about twenty minutes *before each meal*, will soon rid the tract of these troublesome parasites, while

the Viavi rectal suppositories will reduce the inflammation present in the rectum and about the anus.

Fissure, or Ulcer

This is a most painful affection, and is confined to the anus. It is caused by the passage of large, hard stools, which excoriate or crack the mucous membrane at the anus. The minute nerve filaments so exposed are constantly irritated. In time an ulcer forms, which will not heal spontaneously. Fissures cause severe spasmodic pains or contractions of the sphincter. The pains at stool are so severe that the sufferer postpones emptying the bowels as long as possible, with detrimental results. The severity of the pain is entirely out of proportion to the extent of the region involved, which is rarely larger than the nail of the little finger. The ulcer can be seen only by separating the folds about the anus.

The treatment for this trouble is as follows: The bowels should be kept open with the Viavi laxative, and the feces not permitted to become large and hard. After stool the parts should be well washed with pure soap and water. A rectal suppository should be used every night before retiring, and the external excoriated parts should be well laved with the Viavi cerate externally several times each day, especially after each stool.

Rectal Abscesses Considered

Rectal abscesses are found around and in the rectum. They may be acute or chronic, and are, as a rule, accompanied with severe suffering and general debility. They frequently follow a serious illness. Those appearing about the anus are known as marginal abscesses. Just before they break and discharge the pain becomes almost unendurable, and is of a burning, throbbing character. An abscess of any kind is always preceded by inflammation, and it, in turn, is followed by the formation of pus. As inflammation depends upon impeded circulation for its development, if the circulation is re-established, the difficulty is overcome. Nature is assisted to do this by the use of the Viavi rectal suppositories and cerate, together with the Viavi laxative, to regulate the bowels, and the Viavi Royal, to build up the general health. It will thus be seen that the Viavi system of treatment is directed to all the conditions that contribute to the disease or impede the cure.

One of the Viavi patrons, who was suffering from a complication of pelvic and abdominal disorders, resulting from inflammatory processes, suffered also from an abscess of the rectum, the size of a lemon. The sufferer had been placed by medical advisers upon the incurable list, but the Viavi system of treatment assisted Nature to effect a complete recovery.

Cure for the Fistula

A fistula is a tube-like opening going up or down the side of the rectum in the surrounding tissues, with one or several openings. If the fistula has an opening in the

mucous membrane of the rectum, and one also in the skin of the buttocks or near the anus, it is called a complete fistula; if but an opening in the skin, an incomplete external fistula; and if but one opening in the mucous membrane of the rectum, an incomplete internal fistula. Fistulas frequently follow rectal and anal abscesses, and injury to the parts, either internal or external. When a fistula follows slight external injury or an anal abscess, excellent results may be obtained from the use of the Viavi system of treatment. Other forms of fistulas are very difficult to cure, as the tissues about the rectal tract and the whole floor of the pelvis are, as a rule, under such conditions, very inactive and friable.

For fistula the use of the Viavi rectal suppositories and cerate is advised. The floor of the pelvis is to be massaged daily, in a thorough manner, with the cerate (see Perineal Massage), as is also the spine. (See Cerate on Spine.)

The Viavi liquid is to be taken internally in the regulation doses.

The general health and circulation should receive the best attention, and the bowels should be regulated with the Viavi laxative.

Case Illustrating the Cure

The case of Mrs. J. is typical, showing the remarkable results secured under the Viavi system of treatment for fistula. For two years she had suffered such tortures from an incomplete external fissure as only those thus afflicted can understand. Having acquired a knowledge of the healing power of the Viavi system of treatment in other directions, and having failed to receive any benefit from the ordinary method of treatment for her affliction, she applied to a Viava office for relief. No promises of a cure were held out to her, but the belief was expressed that she would receive more benefit from the Viavi system of treatment than any other, if she used it faithfully and persistently. She did so, and was perfectly and permanently cured. It is not difficult to imagine her gratitude.

Ulceration of the Rectum

Ulceration of the rectum, being always accompanied with discharges of bloody mucus, diarrhea and pain, is frequently diagnosed wrongly as dysentery. Ulceration of the rectum is not nearly so painful as ulceration of the anus, although a much more serious disease. In this form of rectal trouble there is an almost constant desire to evacuate the bowels, and the discharge consists of a little blood-tinged mucus. Extensive ulceration of the rectum may cause no pain whatever, or extreme pain and suffering may follow each evacuation. Ulceration of the rectum resulting from impeded venous circulation and accompanying piles or rectal tumors, or resulting from displacements, liver troubles, etc., has been successfully overcome by means of the Viavi system of treatment; but where the ulceration is of a syphilitic, tubercular or cancerous origin,

we do not give encouraging hope of results, though the treatment can do much to assist Nature to alleviate the suffering and render the sufferer comfortable. In many such cases the Viavi system of treatment has been found to be the only one affording any relief whatever.

In treating ulceration the rectum should be kept well cleansed by means of small rectal douches, morning and evening, a Viavi rectal suppository being placed in the rectum after each douche. The Viavi cerate is to be used as previously advised for hemorrohoids, or piles, while strict attention should be given the diet and general health.

The Viavi liquid is to be taken in a little hot water in the stomach three times a day in from ten to fifteen drop doses, about twenty minutes before each meal.

The Treatment for Stricture

Ulceration often terminates in stricture of the rectum, but such a deplorable termination may be prevented where the Viavi system of treatment is employed as advised for ulceration of the rectum. Even after the formation of stricture the hardened tissues will become softened and absorbed and the parts restored to a more normal condition by following up the use of the Viavi rectal suppositories and cerate for a sufficient length of time. We have reference to simple stricture resulting from ulceration or some form of chronic inflammation and ulceration, which leads to contractions of the fibrous tissues that are arranged circularly in the rectum.

A stricture lessens the calibre of the rectum greatly, thus holding the fecal matter above it, sometimes in great quantities. This causes the bowel at the part just above the stricture to become greatly dilated and often extensively ulcerated. When the evacuations force themselves through the narrow space of the stricture they are flattened ribbon-shaped or like a pencil. Stools thus shaped may be caused, however, by a displacement of the womb, or by tumors or an irritable sphincter. In stricture the rectum always feels as if loaded with fecal waste. The bowels are, however, not always constipated, but constipation and diarrhea alternate. When a looseness of the bowels exists it compels the sufferer to go to stool very frequently, and to pass each time only a little flatus and mucus with a few hard lumps of fecal matter. The treatment for stricture is the same as that given for ulceration of the rectum.

Stricture of the rectum requires long treatment. This we wish patrons to understand when placing themselves under the Viavi system of treatment for this trouble. Stricture never exists unless there have been both extensive and chronic rectal troubles; hence there is much to do in the way both of tearing down and eliminating abnormal conditions, as well as a great amount of repair work; all these require time and patience.

Treating Cancer of Rectum

Rectal cancer seldom develops before the fortieth year, but the inducing cause, the diseased condition of the rectum that is responsible for its advent, has been present for a long time before the cancerous condition is developed. The symptoms are much the same as those existing in ulceration and stricture of the rectum. In the last stages of rectal cancer the sufferer experiences very marked cachexia (depraved nutrition). The discharges are profuse and very offensive. The cancer does not confine itself to the rectum, but in time invades surrounding tissues and organs. The stricture caused by this malignant disease frequently leads to perforation of the surrounding organs, producing fistula, which may open into the tissues, the bladder, the vagina or the buttocks, through which the fecal matter escapes.

There is no part of the body that yields to the Viavi system of treatment more quickly than the rectum. At the first indication of a rectal disease, to avoid this fatal termination, cancer, the Viavi rectal suppositories and cerate should be used promptly and continuously. We would not expect to cure rectal cancer, but by reducing inflammation in the surrounding parts and organs the treatment makes the sufferer much more comfortable and prolongs life, while if the treatment is used upon the first appearance of abnormal condition the development of cancer may be prevented.

The Treatment for Tumors

Tumors of the rectum are much the same as tumors situated elsewhere. They are given various names, but the inducing causes are much the same. Rectal tumors, before becoming malignant, yield to the persistent use of the Viavi rectal suppositories and cerate. These tumors are the result of impeded circulation in the hemorrhoidal veins, and as Viavi remedies assist Nature to establish capillary circulation such results as tumors are not only prevented, but cured.

The treatment for rectal tumors is the same as that given for internal hemorrhoids, or piles.

Frequent Results of Treatment

It is not an unusual occurrence for a patron seemingly to grow worse after coming under the Viavi system of treatment. This is not an unfavorable symptom, but one of the most favorable. It shows that the treatment is being absorbed, that the circulation is being established, and that a beneficial reaction is taking place. If a whole suppository produces too great a reaction and the patron is caused too much inconvenience (which of course will be but temporary), then but half a suppository may be used for a time, allowing a more gradual reaction to occur. Even if the parts become exquisitely sensitive, this indicates merely that the circulation is being established and the cure progressing. (The suppository may be cut in two with a sharp knife.)

One of our patrons who had suffered for many years from painful and severe rectal troubles became seemingly much worse after coming under the treatment. Several good-sized and painful boils broke out about the anus and discharged freely. This showed that the tissues, by the assistance of the treatment, purged themselves, so to speak, of quantities of impurities; although painful this was a very necessary part of the cure. After the boils ceased to form the patron's recovery was rapid and permanent.

The Evils of Surgery

Here, as elsewhere, it is a great deal easier to cut than to cure. Surgery of the rectum not only fails to assist Nature, but in many cases effectually prevents her helping herself. Diseases of the rectum, like diseases in other parts of the body, do not become established quickly, and likewise yield gradually and slowly to the best treatment, which we have endeavored to map out plainly. The peculiar mechanism and important functions of the rectum show that we are not dealing with a simple and smooth mechanical tube, but with a very highly specialized organ, pieces of which cannot be dissected out nor cauterized, nor the terminal ends of the abdominal arteries and veins destroyed or treated otherwise surgically, without doing the greatest injury.

CHAPTER LXXI.

RHEUMATISM.

RHEUMATISM is a disease that affects the whole body, although its painful manifestations are local. As a rule, it shows itself in the joints and limbs, but no part is exempt from its localization. Obscure forms of rheumatism are difficult to diagnose, becoming confounded with gonorrheal inflammation, gout and the after-effects of blood poisoning from any cause.

There are several kinds of rheumatism, the name being derived chiefly from the part locally affected. The most common form of this disease, which is obscure at best, is known as acute articular rheumatism, or that which affects the joints. Its course is very irregular both in intensity and duration. One peculiarity of this disease is the sudden and frequent relapses that occur during convalescence, without any ascertainable cause.

Acute articular rheumatism attacks both the seemingly robust and the delicately organized, but it most frequently develops in those who perspire profusely and who thereby are rendered liable to a sudden chilling of the body.

Some Causes of Rheumatism

The chief causes of acute articular rheumatism are exposure to dampness and frequent changes of the temperature. For this reason we frequently find it among those who labor and are, consequently, exposed, but it is by no means confined to them. Among the wealthy we find severe cases of rheumatic gout, caused by luxurious living and overindulgence in eating and drinking.

In persons who are predisposed to rheumatism overexertion proves frequently the exciting cause; hence we often see it develop aftr the limbs or joints have been overexerted or overworked. It may develop in the midst of apparent health, but as a rule there is a forerunner of nervous disturbance or general debility.

Symptoms of Acute Rheumatism

An attack of articular rheumatism may be ushered in by a chilly sensation, followed by fever and painful local manifestations of the disease in one or more of the

joints or limbs. They soon commence to swell, and at times redden. The disease may remain in the part first attacked, or it may spread from joint to joint, invading the spine and often other parts. As a rule, the pain is excruciating and is made worse by the slightest motion, but the sufferer is so restless that it drives him to move even though moving excite the most exquisite suffering. The attack may pass away in about two weeks, or it may continue for a long time. It rarely terminates fatally. The worst feature of this form of rheumatism is the susceptibility of the sufferer to a recurrence of the attacks and a derangement of the valves of the heart; hence prompt action should be taken at the first indication of its development.

The treatment for acute rheumatism is given at the end of this chapter.

Enlargement of the Joints

That form of rheumatism known as rheumatoid arthritis is a chronic form of the disease, involving the joints of the body, especially those of the extremities. Its chief characteristic is the bony outgrowths, or nodocities, around the ends of the bones. There is no fever, but the joints become painful at irregular intervals. This results in permanent deformity of the joints affected. It is frequently observed in the joints of the hands and toes. It rarely invades the larger joints. If so later in life, it results from an injury which the joint has sustained at some time.

The skin covering the affected joints may assume a moderate degree of redness when the trouble first begins, but as a rule the skin retains its normal color. As the joints enlarge the skin assumes a glassy appearance. Moving the joints may cause a peculiar cracking and grating sound, which can be plainly heard as the disease progresses. As the muscles that move the affected joints are used but little they shrivel and become smaller, so that the deformity increases. This is not, in itself, a fatal disease, persons frequently reaching great age, though suffering from articular deformity and disability for many years. When the joints have become deformed and permanently damaged by this affliction, they can never be restored to their original condition, but under the judicious use of the Viavi system of treatment, especially if undertaken at an early period, the disease may be arrested in certain cases and the swelling of the joints considerably reduced. (For treatment see the end of this chapter.)

Rheumatism of the Muscles

This form of rheumatism attacks the muscles, tendons and other fibrous tissues, not including the joints; it is called muscular rheumatism. The characteristic symptom is pain in the part of a stitchlike, screwing, burning, tearing, shooting nature, commonly known as "rheumatic pain." Any set of muscles in the body is liable to its attack. Persons subject to muscular rheumatism are likely to suffer from an attack after exposure to draughts or when perspiring.

Lumbago and the Other Forms

Muscular rheumatism receives its name from its location, as follows: Cephalalgia rheumatica, when it affects the muscles covering the head; torticollis rheumatica (stiff or wry neck), when it affects the muscles of the neck; pleurodynia rheumatica, when it affects the muscles of the chest, interfering with respiration and the free use of the arms, having symptoms very similar to those of pleurisy; omodynia rheumatica, when located in the muscles of the shoulders and back, causing pain on moving the arms and trunk, it becoming almost impossible to stoop or turn by reason of the exquisite pain; lumbago rheumatica (kink in back), when it affects the muscles in the lumbar region. A characteristic feature of lumbago is that it comes like a shock, instantaneously; it may continue for many days, the pain unabated.

Rheumatism invades not only the joints and muscles, but also the internal organs. When the heart is affected the disease is known as cardiac rheumatism; when it affects the brain, as cerebral rheumatism; and the spine, as spinal rheumatism. There may be rheumatism of the eye, rheumatism of the skin, rheumatic headache, etc. It is divided also into acute, subacute, inflammatory, chronic, secondary, etc., but the treatment is about the same, except in severe acute cases, when perfect rest in bed is imperative.

Cases Illustrating the Cure

The non-success of ordinary methods for treating rheumatism is familiar to most sufferers from this distressing affliction. The principal reliance is salicylic acid, a powerful drug that has an exceedingly injurious effect upon the stomach. It is largely for this reason that rheumatic sufferers who have been treated under the ordinary methods are generally afflicted with impaired digestion, which itself is a promoter of the conditions out of which rheumatism grows. Hence, while relief for a time is often secured, the malady recurs with steadily increasing severity.

Only a few of the many cases of successful cures under the Viavi system of treatment for rheumatism can find a place here. Among them was that of Mrs. M., who had suffered five years from rheumatism, with severe pains in the back, head and fingers. The sciatic nerve and the entire body became involved and the heart was affected. Every means known to ordinary methods, including electricity, had been employed. After using the Viavi system of treatment for rheumatism she was entirely cured.

Mrs. C. had muscular rheumatism of the arm so badly that she could not dress herself. She permanently recovered under the Viavi system of treatment.

The Treatment for *Rheumatism*

The forms of Viavi to be used in all kinds and stages of rheumatism are the Viavi liquid and cerate. The liquid is to be taken in the stomach in the regulation

dose, three times a day, about twenty minutes before each meal. As the rheumatic condition invades the whole body, the use of the Viavi liquid will prove of great assistance in perfecting a cure. The cerate possesses a peculiar affinity for swollen and inflamed conditions, and hence acts beneficially even upon the large joint of the great toe, which may become enlarged from frost bites, tight shoes (bunions), etc.

Every evening, about an hour before retiring, the whole body is to be thoroughly rubbed with the Viavi cerate, the parts seemingly unaffected as well as those affected, because we now understand the disease to be one that invades the whole body, although only certain parts give indication of its presence by characteristic painful symptoms. If there is danger of chilling, only one part of the body need be exposed at a time, or the patron may be rubbed in bed between two old woolen blankets.

After the massaging, a cold compress over the region of the spine should be taken. A towel, folded lengthwise so as not to be wider than four or four and a half inches, should be dipped into cold water, wrung, and placed over the patron's spine, the patron lying meanwhile in bed upon the face, the body being well covered. As soon as this towel becomes warm it should be removed and replaced with a cold one, and this should be kept up for about a half hour. The only time when the cold spinal compress is not to be used is during the feverish stage in acute attacks. As soon as the feverish period has run its course the cold spinal compress may be used with most beneficial results as a hygienic adjunct to the Viavi system of treatment.

During the inflammatory stage of rheumatism no meat should be eaten, but after the acute symptoms have passed a generous diet is advised. The bowels should be kept well regulated with the Viavi laxative.

CHAPTER LXXII.

WOUNDS, SPRAINS, BURNS, ETC.

THE employment of the Viavi cerate for wounds, burns, sprains, bruises and other injuries has been much more than satisfactory. The cerate has been put to some of the severest tests in such cases, and under the most unfavorable circumstances, but the results have always been most excellent. Its efficacy as a dressing for injuries has been studied by the staff of physicians in the extensive Viavi laboratories at San Francisco, California, where its curative virtue has for years been thoroughly tested clinically. These experiments were made at first under the most rigid antiseptic precautions, but as no inflammatory process whatever occurred, the wounds always healing by first intention, less and less rigid antiseptic precautions were observed, until the cleansing of the wounds with cold water, in which a few drops of carbolic acid had been placed were all the precaution taken before binding up the injured member in the cerate.

The Rapidity of Repair

Fully realizing, from extensive experience, the superiority of the dry treatment over the moist for the dressing of wounds, these physicians exercised the greatest precautions in the first experiments made. They discovered a radical departure from established experience with the old-fashioned moist treatment with salves, ointments, etc., for in using the Viavi cerate they found that the moisture of the cerate was not retained, for the reason that the cerate was rapidly absorbed by the injured tissues and nerves as a building material; this made it necessary in extensive injuries to renew the application of the cerate two and even three times daily. Rapid rebuilding and union of the tissues has been found to follow its use. There is no sign of inflammation. The injured part does not become oversensitive; in fact, it has been found that no degree of abnormal sensitiveness develops if plenty of the cerate is given the tissues. The rapidity of the repair work is not equalled under any other treatment.

Our object in experimenting without using antiseptic precautions was

to see the results that followed the use of the cerate where antiseptic precautions could not be taken, and where such precautions were not understood. The cerate itself renders the parts antiseptic; hence the universal uniform results.

No Necessity for Amputations

There is no necessity for hurried amputations of seriously injured parts, as neither inflammation nor blood poisoning are likely to occur if the injured part is abundantly supplied or covered with the cerate. The healing process commences at once. Many a finger, arm, foot and leg has been saved by its prompt and intelligent use. If, after two or three days' use of the cerate in extensive injuries, amputation is found necessary, no time has been lost by the application of the cerate, as the injured parts will be found to heal much better and more quickly because of its having been used. Its action under such conditions is to place the tissues in an antiseptic condition, the healing process then being both rapid and satisfactory.

True surgery lies in saving members, not in amputating them. The highest surgical art is that of preserving mutilated members and restoring their usefulness, rather than of lopping them off.

The Treatment for Deep Wounds

In deep and extensive flesh wounds, where bits of wood, cloth, gravel, earth, etc., have been imbedded deep in the tissues, rendering it impossible to cleanse the parts thoroughly under ordinary home treatment, and suppuration occurs (which is Nature's process to purge the tissues of these foreign substances), then a cleansing of the parts twice a day should be done with cold water, in which a few drops of peroxide of hydrogen have been placed. The cleansing of such a wound can be best done by attaching a rectal tube to a fountain syringe and permitting the water to play gently upon the wound, the syringe being hung rather low. If hung high the force of the water will be too great. Afterward the parts should be gently dried with absorbent cotton or pieces of old clean cloth that absorb the moisture easily.

Where amputation of the member is necessary, it should be skillfully and quickly done by a competent surgeon, and the Viavi cerate abundantly used in the dressing of the wound. When the cerate is employed there need be no fear of opening the dressing at any time, as exposure to the air brings no detrimental results; but if the wound be exposed it should be dressed again with the cerate.

Where the wound is deep some of the cerate may be melted by placing it in a small cup and holding the vessel in hot water until the cerate becomes of the consistency of cream. After stirring well it should be poured over and around the wound. The gauze or cloths that touch the wound and surrounding parts should be thickly covered with the cerate, and the wound then ban-

daged properly. The cerate stains the parts a greenish hue, but the wound remains sweet and odorless, with no tenderness, no enlargement nor swelling of the injured tissues from inflammation. If surgeons who are unfamiliar with Viavi cerate would watch the healing of a skin or flesh wound under the Viavi system of treatment, some wonderful revelations in healing would appear to them; they will find not the first indication of change in the tissues, such as has been deemed necessary heretofore for tissue repair.

Miscellaneous Cases of Injury

The following will show what the Viavi system of treatment will do even when first used many days after the injury and where complications have arisen:

Mr. B. injured his left hand severely in a sawmill. For nine weeks he was under medical treatment, but the hand grew steadily worse, until his sufferings became intense. At the end of nine weeks the condition of the hand was such that amputation was deemed necessary. The hand, wrist and arm were swollen to twice their natural size, lumps had formed under the arms, and dark purple spots had appeared upon the hand. It had been lanced in two places, and from these an extremely offensive discharge escaped. So much strong carbolic acid had been used that the white tendons in the palm of the hand were exposed. This hand was dressed with the Viavi cerate, the sufferer thereby obtaining the first night's sleep in many weeks. The hand was dressed twice a day for the first week, and then once a day for the next three weeks. In four weeks the patron had resumed his occupation, the hand being only a little tender and not even scarred.

A boy in the press-room of the Viavi Home Office had his hand crushed in a large printing press, the member resembling a crushed tomato more than anything else. His sufferings were, of course, intense. The hand was bound up immediately, without cleansing, in a large quantity of the Viavi cerate. In two hours the pain had subsided and a rapid recovery followed. The boy did not even lose a nail.

A young girl had the end of her thumb cut off in a box-making machine at the Viavi Home Office. It was at once bound up in the cerate and dressed once a day. The thumb healed rapidly, not even becoming sensitive in the slightest degree.

The more promptly the cerate is applied the quicker and better the results. The flesh becomes discolored a greenish hue from the use of the cerate, but the wound remains sweet, with no foul odor. It is marvelous to see the amount of the cerate that injured tissues will absorb and hence it should not be used sparingly.

SPRAINS.

Just as marked beneficial results follow the use of the cerate for sprains as for wounds and burns. When the wrist is sprained it is not only the mus-

cles in the immediate vicinity of the wrist that are injured, but the whole length of the nerves leading up the arm and into the spinal column. It can now be understood why the treatment must not be confined to the wrist, but must include the whole arm, the shoulder, and the upper part of the spine. The extreme pain is felt in the wrist, but the greatest injury that has been wrought is to the nerves, especially at their roots, where they enter the spinal column; and it is at this point that the treatment should be most thorough.

Viavi Treatment for Sprains

The patron should slip the clothing from the shoulders down about the waist and have moist heat applied to the arm, shoulder and upper part of the back. This may be done by wringing a piece of heavy flannel from hot water and placing it over and around the parts. A dry blanket should be placed over the moist flannel to keep in the heat. When the wet flannel becomes partially cool it should be renewed with another hot flannel, and this should be repeated every few minutes for about a half hour. A thorough application of the cerate over the hand, wrist, arm, shoulder and spine should follow. This treatment should be given once a day at least, but twice would be much better. The use of the cerate should not be stinted, but, as in other injuries, given freely to the injured nerves. We do not mean by this that it is to be applied lavishly, but as much as is absorbed.

If Ankle or Knee Is Sprained

For a sprained foot, ankle or knee the same treatment is to be followed, carrying the hot, moist compress over the foot, leg and thigh, and over the spine from the waist down. The compress here should be followed by a thorough massaging with the cerate over the regions where the moist heat has been applied. Here again the ankle or knee will give evidence of great pain, but the center of the injured nerves in the spinal column is where the greatest injury has been done. The rubbing of the cerate should be most thorough, not in a slipshod, careless manner, nor one that will give the person pain, but the pressure should be gentle and firm, and of such a nature that the sufferer will beg to have it continued, because of the great relief that it brings.

Mr. B. slipped and fell on the curbing, receiving a severe sprain, which his physicians informed him was worse than a fracture. He was told that he would be a long time recovering. He suffered greatly for three weeks, receiving no relief form the treatment employed. Three applications of the Viavi cerate banished much of the pain. His improvement was rapid, but his supply of cerate became exhausted, and for three days he was without. This caused the swelling and pain to return. Upon securing and applying more of the cerate he progressed rapidly to complete recovery. This gentleman adds: "I know of two cases similar to mine where recovery was delayed, in one instance a year, and in another two years." All are familiar with the serious

nature of a severe ankle sprain, the helplessness that it imposes, and the great length of time usually required to cure it. Under the Viavi system of treatment it loses its terrors.

Mrs. C. had gone on crutches for three months with a sprained ankle, the result of a fall from a bicycle. The use of the Viavi cerate cured her, all other treatment having failed.

Mr. C., of Canada, sprained his ankle, and after using ordinary remedies a week, sprained the ankle again. The injury was so severe and the inflammation and pain so great that he called a physician, but made no improvement. He then applied the Viavi cerate, "with little faith," he wrote; "but to my astonishment, in a short time the soreness had left me and the swelling gone down enough to permit me to put on a slipper, and soon I went back to my work, all soreness gone. I have since tried it on several friends, and last week on my son for a sprained ankle, with entire satisfaction."

OTHER INJURIES.

Some of the most remarkably good results from the use of the Viavi system of treatment have been in cases of injury to the spine. Miss G. had been rendered an invalid by an injury to her spine caused by a fall from a bicycle. From this she suffered for years, "being quite unfit," she writes, "for both the duties and pleasures of life." She used the Viavi capsules and cerate, and was able to take a position. She was entirely cured and enjoyed perfect health. Her grateful letter giving this information was written a year and three months after her complete recovery.

A Nail Through the Foot

Running a nail into the foot is a painful and dangerous accident. The husband of a Viavi patron was so unfortunate as to meet with such an accident. The nail passed entirely through the foot, protruding through the top. In a few hours the man was almost crazed with pain. The foot grew gradually worse and more painful under a skillful physician's care, until morphine was employed to relieve the pain. In a short time the sole of the foot was lanced, and the physician said that the top also would have to be treated similarly. The pain now became so great that lockjaw was feared. The wife wished to suggest the use of Viavi at the time of the injury, but its nature was so severe that she feared to take the responsibility. Finally, at this time, the husband happened to think of it himself, and called for "that medicine of yours." From this time on all other treatment was suspended, and the foot, after being thoroughly bathed with a little warm water and vinegar, was treated three times a day with the Viavi cerate. In a few days the pain and soreness

had disappeared to such an extent that the patron was able to go about the house. In a few more days he walked a mile, and a rapid recovery followed.

In the same family one of the sons had his forefinger nearly disjointed by a piece of glass falling from a burning building. Although the wound was extensive and severe, no inflammation followed, as the wound was dressed promptly with the Viavi cerate. The tissue repair began at once.

Paralysis from a Fall

Another injury of a different nature, and one that would have undoubtedly crippled the person for life had it not been for the Viavi cerate, was that of Mr. B., who fell heavily from his wagon, striking the top of his shoulder on a board. The arm was perfectly useless, in fact paralyzed, the man suffering the most extreme pain, while a large lump formed on the top of the shoulder. The Viavi system of treatment enabled him to raise his hand to his month, and in a short time resumed his work, which was both heavy and laborious.

Other illustrative cases could be given which would show the efficacy of the treatment in rebuilding both muscle and nerve tissue, without regard to the nature of the accident that caused the injury, but space will not permit.

Uses in Scalds and Burns

Innumerable instances of good and quick results from the use of the Viavi system of treatment in cases of scalds and burns might be cited, but the following is typical: A domestic in the service of Mrs. K. burned herself severely by pouring gasoline into a vessel sitting on a hot stove, the injury to the right arm, neck, cheek and mouth being great. Mrs. K. at once applied the Viavi cerate, covering the burned parts well, to exclude the air. The young woman suffered but little pain afterward, "and in less than two weeks went out to a party." Mrs. K's letter adds that the Viavi cerate is constantly used by her for burns, sprains and soreness of the lungs in her family. She cured a sprained wrist by rubbing in the cerate after cleansing the skin with hot water and vinegar. Her son came home very ill with fever and pain in the lungs; she relieved him by rubbing the cerate into his chest and between the shoulders.

A HOUSEHOLD REMEDY.

(INCLUDING NEEDS OF CHILDREN.)

To the intelligent reader of this volume it must be evident that the Viavi system of treatment is a household necessity. In every home there should be a box in which should be kept, ready for use, a box of each of the Viavi capsules, rectal suppositories, cerate and laxative; also a bottle each of the Viavi liquid and royal. Other drugs should not be placed in this box, which should be kept closed and in a cool place.

If a woman becomes nervous from being overtaxed, a thorough massaging with the cerate, together with the use of a capsule at night, will restore her to a normal condition, and so save, perhaps, an attack of illness and a doctor's bill, by building up her exhausted strength before disease makes its appearance.

Again, if a cold has been contracted it can be broken up easily, and not only a severe illness averted, but perhaps a life saved. The prompt application of the Viavi cerate has saved many a child from an attack of pneumonia or other fatal disease resulting from cold. (See chapter on Catarrhal Conditions.)

Its Effects Upon Children

Most excellent results follow the use of the cerate when thoroughly applied over the bodies of growing children and developing girls. Non-development is prevented, as it gives to the starving and tender growing bodies of children the nutriment, or building material, necessary for their full development. (See chapter on Non-development.) Intelligent mothers who have used the Viavi system of treatment and understand its action as a nerve food and tissue builder have discovered for themselves and fully realize its wonderful virtue in feeding the tissues, muscles and nerves in growing children. As an experiment we ask that mothers, who have never employed the treatment in this manner, massage the spinal column of the over-taxed school child and note the results. It will come home from school much brighter, its eyes and head will not ache, and it will soon be able to master the home study with which its tired and weary little brain is commonly overtaxed. If the mother is not physically able to do this massaging of the child, she should employ some one to do it for her; she will find this to be the best investment that she ever made. It repays itself a thousand times over in the rapidly developing bodies of the girls and boys of the household. Children given in this way a strong, healthy spinal column are provided with a backbone sufficiently strong to enable them to meet successfully the difficulties and obstacles that they must all encounter in life.

Instructive Case in Point

The following will show what the Viavi cerate did for one little sufferer: Mr. and Mrs. L. adopted an infant whose mother had died shortly after its birth. The mother had been a great sufferer from rheumatic fever, which severely affected one of her legs. The corresponding leg of the infant was similarly affected, it being drawn up toward the body. Touching the leg while bathing the infant, or by mistake, would cause the child to scream and to writhe with pain. The physician who had attended the mother failed to relieve the child. It was suggested to Mrs. L. that as she was a Viavi patron and had plenty of the cerate on hand, she apply it over the child's body and leg. The result that followed the use of the treatment was that the child could kick

the affected leg as well as the other, and did not object in the least to its being thoroughly rubbed.

In Paralysis of Children

In infantile paralysis the results have been little short of miraculous when compared with those obtained from other forms of treatment for this trouble. One of many interesting cases of this kind where most happy results were obtained in so-called incurable paralysis was that of a little six-year-old child who had completely lost the use of her lower limbs, when an infant, from a severe attack of scarlet fever. As the parents were wealthy, the best medical skill had been employed, but all to no avail. As the mother was a Viavi patron it was suggested that she use the cerate over the child's legs and spine daily. The child's limbs were perfectly useless when the treatment was commenced, but in time the child was able to walk across the room.

Other cases have been given in this volume of a similar nature, showing the efficacy of the treatment in diseases peculiar to infancy and childhood. We call the reader's attention to the chapter on the Forms of Viavi, which explains why and how these magnificent curative results are obtained.

Curing weakness in childhood assures a healthy and happy life.

In Weakness of Bladder

Again we see the efficacy of the Viavi cerate in strengthening the urinary organs of children where there is an incontinence of urine (wetting the bed). To permit such a weakness to continue for any length of time is harmful in many ways to the child, its humiliation alone many times causing it to suffer untold agonies, aside from its physical discomfort and the severe censure to which it is often unjustly submitted. (See chapter on Diseases of the Kidneys.)

Attacks of Croup Overcome

When a child first gives evidence of a croupous attack, much uneasiness and expense may be saved the parents and often the child's life preserved by the free use of the Viavi cerate over the chest and throat. Parents should not wait until the last moment to apply it. When the child first gives the peculiar cough that is characteristic of croup a hot-water bag should be placed at the back in the region of the shoulders, and while the child is well covered, so as to prevent chilling, the cerate should be applied, under cover, in a very thorough manner over the chest and throat.

The writer of this chapter has a little son who is very much troubled with croup. Sometimes the little fellow will wake in the middle of the night scarcely able to breathe, and will come to the writer's room and wake him up to get the cerate rubbed on his chest and throat. A few minutes' application of the cerate relieves the little sufferer at once, and in a short time he will be fast asleep.

When a Child Is Burned

Numerous cases might be cited where the cerate is kept on hand for this special purpose, but lack of space forbids. Within close proximity to the home of Viavi, in San Francisco, a child was severely burned about the face, neck and hands by a gasoline explosion. From the extent of the burn it was supposed that the child would be badly disfigured, but the mottle-faced little street urchin came out without a scar and with a skin white and smooth.

A similar case was reported from London, but the burn was much more extensive. Nothing was used but the Viavi cerate and that promptly, and the results were the same as in the foregoing case. (See chapter on Wounds, etc.)

When a child snuffles and "its head is stopped up," the Viavi liquid and cerate are advised; they will give the little sufferer relief. If it is the throat that is sore, a thorough application of the cerate should be made.

For Bowels and Rectum

For diarrhea in children the Viavi liquid should be used promptly in from three to five drop doses three times a day about twenty minutes before each meal. The cerate should be used also over the abdomen and spine. The liquid taken internally will cure stomach difficulties. Often an irritation of the rectum is caused by an attack of diarrhea. If it does not receive prompt attention of the right kind the rectum and anus both become much inflamed and very painful. If the Viavi rectal suppositories are at once used the irritation is relieved promptly; hence the wisdom of having on hand a complete treatment, that it may be promptly used not only as a curative measure, but as a preventative as well.

The cerate should always be on hand to use for cuts, bruises, sprains and wounds. We call particular attention to the chapter on Wounds, as many illustrative cases are therein given, showing what the prompt or even tardy use of the Viavi cerate accomplishes in these directions. Even though it may not be imperative to keep all of the Viavi preparations on hand, there is no home that can afford to be without the cerate. Its prompt use will relieve more suffering than any other remedial agency known at this time.

There is no household without its favorite laxative, and there is no better remedy of this kind to have on hand than the Viavi laxative. It does not act as a painful and severe cathartic, but moves the bowels in a gentle and refreshing manner.

Viavi Royal for Children

Often for some unaccountable reason, but generally for a reason that intelligent observation will discover, children lose their spirits and droop with languor. This is so unnatural to childhood that it should receive prompt attention. The use of Viavi Royal in such cases has produced striking and most satisfactory

results. From many cases that might be cited the following is selected, being a letter written by a leading business man in a large city; it refers to his little daughter, eleven or twelve years old. She had been always a very sprightly child, and probably the condition described by her father arose from rapid growth:

"I have been trying for three days to get over and thank you in person for your kindness in putting us in a way to help Ruth dispel the spirit of lassitude that had taken possession of her during the past few months. I am frank to admit that I was a little sketical at first as to the results of using Viavi Royal, but hasten to assure you that never in my life have I been so agreeably surprised at the action of any medicine or tonic. Its effects were almost magical; she had not taken the tonic but a short time when her face assumed a brighter expression, her voice became more firm and decisive, and her action so much more spirited that she seemed like another child.

"It certainly seems to me that you owe to the young girlhood of the world a duty, and that it is the bringing of Viavi Royal to the notice of parents of growing girls. I should like very much to have another bottle of it."

CHAPTER LXXIII.

THE FORMS OF VIAVI.

THE character, uses and action of the various forms of Viavi have been indicated in foregoing chapters, but it is deemed advisable to put the subject here in a compact and comprehensive form, for a clearer understanding and easier reference.

THE VIAVI CAPSULE.

The uterine form of the treatment is for convenient handling contained in a capsule, and when used is placed in the vagina. Its specific action is felt upon the generative tract, but its action is by no means confined to this one part of the body, as the entire system feels largely its curative action. The Viavi is to be taken from the capsule and placed in the vagina as high as can be conveniently reached with the finger, and is not to be forced into the mouth of the womb. Always, just before placing the treatment, and to insure the best results, a warm vaginal douche should be taken in a reclining position, so that the mucous surfaces with which the contents come in contact will be cleansed of all impure secretions or accumulations, and the treatment thus be absorbed more easily.

How the Organs Are Reached

As the vagina is a thin, muscular tube, resembling an intestine, and possessing wonderful absorptive powers, the curative action is not by any means confined to the vaginal walls, but extends through them to the bladder. We doubt if there is a Viavi patron but who has at some time noticed a greasy substance floating on the top of the urine while she is using the treatment. This gives positive evidence that the treatment is absorbed by the surrounding tissues and carried directly into the system and eliminated through the bladder.

The cervix or neck of the womb, is covered with the contents of the dissolved capsule; hence its curative action, through absorption, is carried to the entire womb.

The tubes and ovaries are only a few inches from the treatment within the vagina; hence as it becomes absorbed these organs receive their share of the food, which is carried by absorption to all parts of the

pelvic region, first to the generative and urinary tracts, and from there on to various parts of the body, by being taken up by the blood.

Those who are not familiar with the principle of absorption can with difficulty understand how the action of the treatment can be felt upon organs and parts with which it is not brought directly in contact, but it should be remembered that we live largely by absorption. The food that we eat is chemically prepared by the digestive organs, and then absorbed through the walls of the intestines and taken into the blood, by which it is carried to all the tissues of the body. It is here again absorbed. Thus throughout the entire body there is a ceaseless round of absorption, by which nutriment is absorbed from without and waste removed from within. These functions are known as endosmosis and exosmosis. (See chapter on Absorption.)

Effects Upon the System

The action of the treatment within the organism is to assist Nature to promote healthy functional activity; in doing this it reaches far beyond the tissues of the parts in and near which it is placed. The contents of the Viavi capsule may be taken into the stomach with perfect safety; for years magnificent results have followed its use in that way.

The forms of Viavi that are not to be taken into the stomach are the rectal suppositories and the cerate.

Women suffering from no apparent uterine disorder frequently express wonder when advised to use the Viavi capsule. It is through the Viavi system of treatment we avail ourselves of every absorptive power of the body that can be made use of, by which this wonderful food may be conveyed through the blood to the various parts. When the contents of the capsule is placed in the vagina and these parts do not need this nourishing food, its curative action is then not brought to bear upon the generative tract, as its need there does not exist, but it is carried on still farther by the blood to the parts that are in need of its curative action. In such cases its use in the vagina is the most convenient and satisfactory way in which its good effects upon the entire body may be secured.

How the Capsules Are Used

The capsules are a part of the treatment used for all diseases of the generative organs of women. By reason of the very high absorptive properties of the vaginal tissues the capsules are as readily absorbed and made use of by the entire body as though they were taken in the stomach. It is for this reason that in cases of great emaciation, even where there was no apparent uterine disease, we have advised that the capsule be used in the vagina instead of in the stomach. The absorptive powers of the vaginal tissues are greatly heightened by thorough cleansing with a proper douche before the capsule is inserted. If it is placed as high as possible (without any effort to insert

it in the mouth of the womb) it will be placed properly. The heat of the body gradually melts it, and it is absorbed during the night, especially if the vagina has been thoroughly cleansed and the circulation is good. In some cases the vaginal secretions may be so tenacious from disease as to be removed with difficulty, and the congestion may be so great and the circulation so poor that absorption for a time is imperfect. The Hygienic Department of the nearest Viavi office will be glad to give whatever advice may be needful in such cases. Usually a douche sufficiently hot, with a sufficient quantity of water, will cleanse the tract and place it in a condition to absorb the contents of the capsule.

It is well to remember that many forms of disease originate from the same cause, and that it is the cause which Nature is enabled to remove with the assistance of the Viavi system of treatment. This gives the treatment a wide range of cure without making it a cure-all.

THE VIAVI CERATE.

The first thing necessary in the application of the Viavi cerate is the preparation of the skin. The skin possesses wonderful absorptive powers. This fact is largely employed in the Viavi system of treatment by external application of the Viavi cerate. It was a recognition of this natural law that made so great achievements possible with the Viavi cerate.

To cleanse the skin and thus enable its absorbents to take up the cerate, the surface of the body is washed or sponged off with two-thirds warm water and one-third acetic acid or good vinegar. This cleanses the skin of all oily substance and waste products, which are likely, in any form of lost functional power, to clog the absorbents, thus preventing the cerate from absorbing readily in the absence of this cleansing. When the cerate is first applied under such abnormal conditions of the skin, but little is absorbed, and no more impression seems to be made upon it than if the cerate were rubbed upon wood. Patience and perseverance in its application will enable the absorbents to drink it in so greedily that in time it will disappear nearly as fast as though it were rubbed through a fine sieve.

A Substitute for Vinegar

If the skin becomes irritated by the use of vinegar and water, another preparative treatment is to make a fine soap foam in a basin by shaving a piece of good soap, adding a little warm water, and whipping until a fine foam is produced. Lay this foam on and rub it into the skin thoroughly. Then wipe off dry, and apply the cerate gently for at least thirty minutes. Do not yield to the strong temptation to save trouble by omitting these directions. Long use and experience have fully demonstrated their necessity and value.

When the skin takes in quantities of the cerate it is never being wasted, and the user is very fortunate, as it is the amount taken into the body that

accomplishes results. If the cerate is absorbed slowly the user is very unfortunate, because it indicates that the absorptive powers of the skin are sluggish, and every effort should be made to establish the circulation by means of baths (see Baths), exercise, etc.

What Absorption Accomplishes

The cerate is taken up so extensively by external absorption that under all circumstances, when any form of Viavi system of treatment is employed, it constitutes half of the treatment. The skin is one of the most important structures of the body. It takes up oxygen from the air and exhales impurities as do the lungs. Taking advantage of this extensive external function of absorption, we apply the cerate externally over all parts or any part of the body. It is never to be used internally. Its composition and preparation require gentle friction for its ready absorption. In this particular it differs largely from all other forms of the remedy. It is taken into the tissues by absorption; the absorbent vessels in turn give it to the blood; the blood in turn carries it to all parts of the body, thus giving a nourishing food to the nerves and tissues of every part and organ.

The Distribution of the Cerate

The cerate is applied to the diseased tissues and organs and over the nerve centers controlling the supply of blood to those organs. Thus the parts receive a direct benefit, as well as a systematic benefit through the blood. That is why, in ovarian troubles, the cerate should be applied over the spine as well as the region of the ovaries. In the spine the nerve centers are reached, while the application over the ovaries reaches the tissues directly. As nerve centers are situated all along the spine for the control of the internal organs, it is of the greatest importance that the region of the spine be rubbed in which the nerve centers are located that control the blood supply to the affected parts in all cases of uterine, stomach and chest troubles. Through the medium of the blood, the cerate is carried to the central nervous system, which in turn becomes sufficiently nourished and strengthened by it completely to control the circulation. It is in this manner that all inflamed conditions of the system, independently of their situation, are successfully reached.

Specific Action of the Cerate

Although the Viavi cerate, as all other forms of Viavi, specifically attacks inflammation and causes an absorption of its products, it should not be looked upon as a "pain-killer." It is used expressly to cure. Long after pain, soreness, tenderness and inflammation have disappeared, it is still acting curatively; it is still being taken up by millions of little absorbents in the skin and carried by the blood to all parts of the body. It is all parts that must be given this food, and not one part alone. The effects are both local and systemic.

Where it is most needed, there it will be taken up in the greatest quantities for the time being. In this respect it is much like rain falling upon the earth. The parts that are dry and parched will readily absorb the water, which, if it falls upon earth already moistened, stays upon the surface and is absorbed more slowly, as it can be taken care of. The cerate must be given to the whole system, but it must be applied particularly over diseased parts of the body, as the external absorbents are closely connected with the organs in their immediate vicinity. It is always to be used over the region of the spine to feed and beneficially affect the entire nervous system.

Folly of Neglect in Using

The more external absorbents employed while under the treatment, the quicker and more uniform the cure. If the use of the cerate is neglected, only half of the treatment is being used; consequently the same results cannot be expected that could be obtained if the full treatment was used. The cures under the Viavi system of treatment would not be so numerous if sufferers were given the privilege of selecting and employing the forms of Viavi that they individually may deem necessary, or discontinuing the use of the cerate over certain parts of the body as soon as beneficial changes were noticeable or there was a diminution or cessation of pain and disagreeable symptoms in that locality. Such neglect is followed by a return of pain, which appears in a more distressing degree than before, by reason of the temporary relief that had been obtained. This shows that the patron has been greatly benefited, but that the cerate was discontinued before the cure had been perfected; hence the reappearance of disagreeable symptoms. The cure had been but begun, and a partial readjusting had taken place, just sufficient to allow the parts to functionate without friction or pain while the cerate was still accessible. An intelligent continuation of the cerate at this time would have meant a cure; its discontinuation has brought disappointment and a failure to secure permanent results.

What we wish to impress upon the minds of Viavi patrons is that when relief is being obtained, instead of discontinuing a part of the treatment or slighting it, the full treatment should be continued until the cure is perfected. Large quantities of the cerate applied at a time and at irregular intervals will not be followed by the best results. It will be from the thorough application of small quantities at regular intervals, its thorough absorption, and the consumption of a sufficient length of time in applying it, that successful and permanent results will be obtained.

Purpose of the Treatment

The Viavi system of treatment is furnished with but one object in view, and that is to cure. Every patron is given the benefit of our vast and successful clinical experience, extending over a period of many years, and obtained by close

study and observation of the action of Viavi in its several forms for the various diseased conditions that come within its clinical range. Thousands and tens of thousands are annually brought before our notice for curative consideration. Accurate records are kept of diseases, of forms of treatment employed, of the hygienic treatment used in conjunction with them, and of the results obtained. Every Viavi patron is entitled to advice without charge, and it will be furnished promptly upon the receipt of a health statement made out on the blank form accompanying the packages of the treatment. Every person can now understand how much to his or her interest it will be to receive and follow advice closely.

Viavi has become a household remedy, the cerate especially having become a household necessity. By observing the whole clinical range of the Viavi system of treatment it will be noticed that the use of the cerate is never omitted. Time alone settles the question of the curative value of any remedial agency. The yearly increase of the extensive sale of Viavi has proved beyond a doubt its usefulness and universal adoption.

Application of the Cerate

The cerate is to be applied externally only. Its use is based on the law of absorption, and the skin is prepared by washing the parts to be rubbed with one part vinegar and two parts water. This preparation cleanses the skin and promotes a more ready absorption of the Viavi cerate.

Absorption is universal in the body. Nothing enters into or passes away from the body except by and through the processes of absorption. The absorption of any substance is determined by the circulation. If the circulation is good the absorption is good, and if the circulation is poor the absorption is poor. We introduce simple and inexpensive hygienic aids by which the circulation may be improved and the remedy more thoroughly absorbed.

It is not the amount of the cerate taken out of the box and laid upon the body that accomplishes the results; it is the amount that passes through the skin and is absorbed by the body. Hence, it should be applied intelligently, using the fleshy part of the tips of the fingers or the palm of the hand. The movements are of two general kinds, one a circular movement upon the body and the other a drawing up and down movement. The object of the circular movement is that the cerate may more readily enter the tissues, and at the same time the movement should be towards the heart. On the extremities the stroke should be from the ends of the fingers and toes toward the body. On the spine the stroke should be up and down, and the circular movement also may be used upon the back for about one to two inches on either side of the backbone. Over the abdomen the cerate is applied with the finger ends, with a small upward circular movement—never downward. To relax the abdominal muscles and so favor absorption the patron should lie upon the back with the legs bent toward the body. The cerate should be rubbed

until it is entirely absorbed, and if there remains a little on the body it may be wiped off by using an old towel, which should be kept for this particular purpose. It is always better to have the cerate applied by some one other than the patron if this is possible, but it is not absolutely necessary that this should be so, and when it is thus applied the person making the application should be acceptable to the patron, one who has the power to soothe by rubbing. When it is necessary that the patron apply the cerate upon the spine herself she will find it more easy to rub the cerate on the spine with the back of the hand than with the fingers or the palm of the hand. The length of time necessary to apply the cerate is not less than twenty or thirty minues, and it should be done always with regularity and within two hours of a meal. This is especially true when rubbing the abdomen or stomach. The plate (page 510) giving an outline of the body shows not only the position and relation of the organs, but also the imaginary divisions made upon the abdomen by which one may readily see in what divisions the several organs are placed. For instance, when referring to the plate it will be seen that the liver lies partially in the right hypochrondriac region and partially in the epigastric divisions marked a and b, etc.

We wish we could make patrons who have suffered for a long time realize what results have been obtained by those who have patiently and persistently used the Viavi system of treatment, persons who have been given up by the very best skill, persons in whom hope has died and who had been entirely restored to health and strength. It has not been done without effort on the part of the person and on the part of her family and friends. It requires work to get well. It requires effort to battle with disease, and we desire to impress those who use the Viavi system of treatment with the fact that it must be used earnestly, conscientiously and with a determination to conquer. We also wish patrons might understand that it is their condition which decides what forms of Viavi is needed and how long a time will be required to become well. Some possess much more recuperative power than others and naturally the one will improve faster than the other. It depends upon the patron's condition more than any other thing as to the rapidity of the progress of cure.

VARYING QUANTITIES OF REMEDY.

By the use of the Viavi system of treatment an adjusting process is established, and it proceeds until a cure is perfected and all parts of the system are working in harmony. At certain times and under certain conditions the system can make use of but little of the treatment at a time without creating a reaction. This is sometimes a little uncomfortable, as all distressing symptoms that were present before beginning its use seem to be intensified or aggravated. If an aggravation of the existing symptoms follow the use

of the whole capsule, it should be divided, but half a capsule used at a time, say for a period of two weeks, or longer if necessary, and then the whole capsule may again be used. The capsule may be cut into halves, thirds or quarters with a sharp knife.

Significance of a Reaction

It should always be remembered that when a reaction occurs it is to be regarded as an excellent symptom, as it shows that a readjusting to bring about that normal condition is taking place; that impurities or waste material that have accumulated in the body are being eliminated. Our very extensive practice has repeatedly shown that the worse a patron feels after beginning the Viavi system of treatment, the stronger the indication that it was needed in his or her case. If the system is loaded with impurities it is impossible for a cure of any kind to be accomplished without creating some disturbance. Cleaning and repairing the body cannot be accomplished like cleaning a house, room by room, for the body does not consist of separate compartments, each with a door that may be closed until the chamber is renovated. Every part of the body must do its share; every organ has its individual function to perform, and cannot lie idle while the repair work is going on. The building and renewing are done by that tireless messenger, the blood, which, if not impeded in its course, will go to the most remote parts of the body, neglecting none and taking nutriment, in the form of Viavi, to all and carrying away the waste. The blood must penetrate every part of the body, even the bones receiving their share, and it must be of the right quality, and must flow from the parts as freely as to them. And the nervous system must be toned and strengthened to assure the proper action of the blood vessels and eliminative organs.

Encouragement in Symptoms

As the body does not consist of separate parts, but is a united and harmonious whole, every part must respond actively for the repair work to be successful; hence we hear from patrons that the stomach is disturbed for a time after beginning the the treatment, or that the body is sore and sensitive to the touch, as if bruised; the heart may palpitate; the liver may give indication that it is implicated in the repairing process; the kidneys may become active and the urine either copious or heavily loaded with waste and variable in color, quantity and consistency; the head may ache for a time, and the nervous system may be implicated; eruptions may appear, showing that impurities are being elminated through the skin; great quantities of waste may be carried away through the bowels. In the case of women the ovaries may become sensitive, showing that congestion or inflammation is present and that the circulation of the blood is being established in the parts. As the inflammation is reduced, uterine displacements may seem aggravated for a time, and as poisonous secretions are eliminated through the vagina, intense itching and burning of

the parts may exist until the secretions become more normal. When uterine tumors are present and Nature is making an effort to expel them, labor-like pains are experienced, which, although painful, are perfectly harmless, as they are indications of effort on the part of Nature.

No Alarm Should Be Felt

These efforts of Nature should never be interfered with. Drugs should never be administered to deaden the pains which, though distressing, give evidence of so much good. A patron should be encouraged in every possible way to endure these symptoms for a time, as they are only temporary and will pass away as the parts are rebuilt and the waste and impurities eliminated. These symptoms which arise after beginning the use of the Viavi system of treatment should never alarm, as Viavi is a harmless food that assists Nature, and while we are assisting and not usurping natural processes there is nothing whatever to be feared. When the process of eliminating impurities and waste from the system has been accomplished, the system takes up the remedy and employs it as a food, from which strength is steadily gained.

Response Usually Is Prompt

A large majority of patrons when beginning the use of the treatment are in such a condition that they respond to it readily, none of this heavy repair work taking place—patrons whose bodies were in a starving condition, so to speak, and who felt better after using the first capsule and making the first cerate application, in conjunction with the Viavi hygienic aids. These were patrons whose bodies were not loaded with medicinal impurities, but who were simply on the downward grade, and needed such a food as Viavi to impart life and vitality to the system. Some patrons are obliged to use the treatment sometimes for months before their bodies can be placed in a condition where they will begin to respond and rebuild, while in others for months no change whatever is noticeable, this showing that the conditions of no two persons are identical when commencing the use of the treatment; but the results are generally graduated according to the co-operation of the sufferer.

Misconceptions To Be Avoided

When the repair work is heavy, strength is required for its performance. Accordingly, we sometimes hear patrons say that they are feeling somewhat better, but very tired and weak. Patrons who do not understand the changes that are occurring and their importance to the future physical welfare, sometimes take it for granted that Viavi is too strong or too weakening. Perseverance in the use of the treatment at this time is strenuously insisted upon, but if a reaction greater than the patron is willing to bear is produced, a half instead of a whole capsule may be used, or even a quarter of a capsule if necessary, gradually increasing until the whole capsule can be used; that is, as soon as the system can accommodate itself to the use of the whole capsule. At the same time such hygienic measures should be used as will improve the cir-

culation and increase the elimination of impurities. The cerate may be diluted one-quarter, one-third, or one-half with pure olive oil, the undiluted cerate being employed as soon as possible. The Viavi rectal suppositories, the liquid and the tablettes also may be used in smaller doses until the system can utilize the full treatment without great effort.

If the Parts Are Sensitive

If certain parts are too sensitive to be touched, that fact should not interfere with the use of the cerate, but it should be applied lightly under such conditions, and the parts then exposed to heat or the rays of the sun until the cerate becomes thoroughly absorbed. Certain parts of the spine, back or body may become so sensitive from obscure causes that the clothing touching the parts causes exquisite pain. The cerate is here used, as already mentioned, with the grandest results; but just as soon as friction can be used in applying the cerate it should be, at first lightly, then more vigorously.

If Double Strength Is Needed

Viavi is a food, as is well understood, by which through Nature the tissues are built, the nerves are fed, the circulation established, and the blood purified. But it must be given to the system in the right quantities. Just as soon as the system has become accustomed to the divided capsule, then the whole should be used. From it there will be noticeable beneficial results, perhaps until the cure is completed.

Again, the patron's progress may come to a standstill. Here is where the double-strength (double amount) capsule should be used, in order that a reaction may continue more vigorously, and the cure hastened. It is for this purpose and reason that the Viavi double-strength capsules are prepared. When a patron begins to believe that the last course of treatment does not seem as strong as that previously used, this is an indication that the system can make use of the double-strength capsule, and it is advised. It may be used with perfect safety, and it entails no greater expense, because it does not take Nature so long to produce a cure. The system changes from the use of the treatment; the treatment remains the same; it never varies, never changes. Check tests are made on every part of the product that goes out. None of the treatment ever leaves the establishment that is not up to the standard, and our methods are so positive and scientific that not the slightest variation can occur.

The welfare of Viavi patrons is carefully guarded by advising them to begin gradually with smaller doses of the remedy and increase it to the whole capsule, and then push the cure along with the double-strength capsule if the progress of the case comes to a standstill.

The Cerate Always Necessary

The cerate is always to be used in conjunction with the capsules, not one nor the other discontinued if a reaction occurs. The patron must be guided in the

selection of the treatment necessary in her case by the conditions present, if she expects to obtain the best results from the treatment. Certain conditions demand certain forms of treatment and no one can select what forms they wish to use. The conditions present decide what forms of treatment must be used. The proper Viavi hygienic treatment must be followed closely as well, and the body kept beautifully and exquisitely clean, rendering absorption of the cerate and elimination of impurities possible.

THE VIAVI LIQUID.

The various forms of Viavi preparations represent several steps of development. The capsules and cerate used locally for catarrhal conditions of the vagina and uterus brought about such magnificent results that a form of treatment for catarrh of the mucous membrane of the nose and throat was suggested. Then the use of this form for bronchitis and for catarrhal conditions of the stomach and bowels followed, with splendid results.

Better Form for Catarrh

A liquid form of Viavi was introduced that might be used as a spray, and after long and tedious experiment the clarified Viavi liquid as it is now furnished was perfected. The spray divides the liquid into millions of minute globules, each carrying with it a portion of the Viavi element. It reaches every crevice of the mucous membrane lining the nose and throat. Inhaling deeply when spraying through the mouth carries these minute globules into the lungs, thus enabling the Viavi liquid to act upon the inflamed tissue and membrane of the bronchi with all its healing power. In catarrhal conditions of the stomach and bowels, and catarrhal conditions of the urinary organs, kidneys and bladder, the Viavi liquid, taken in proper doses, will prove as beneficial as for similar conditions in the nose and throat.

The Action of the Liquid

The action of the Viavi liquid is positive. It is readily taken up and carried into the blood, and when once in the life stream it serves as a food, and is conveyed to the nerve centers that control the blood supply in the diseased membranes. It must be remembered that a catarrhal condition is due to the increased activity of the glands producing mucus, and that this activity is due to a congestion of blood surrounding each one of these many glands. The action of the nervous system is to lessen the calibre of the swollen arteries and bring about a normal supply of blood. The mucous glands in turn produce a normal amount of mucus, and hence the treatment, by reaching the root of the trouble, lessens the discharge. The direct benefit due to the lessening of this discharge may be imagined when it has been stated generally that one part of this mucous discharge, whether from the vagina, stomach, bowels, nose, throat or lungs, is equal in strength to eight times that amount of blood.

How Benefit Is Secured

While the excessive drain due to the catarrhal conditions shows decidedly why persons suffering with them become weakened, on the other hand, the stopping of this drain will immediately explain why it is that a patron using the Viavi principle becomes stronger and healthier. The diseased tissues gradually relieve themselves of impurities that have lodged there. The walls of the glands and tissues surrounding them take on a normal firmness. In the stomach and bowels the glands that secrete the digestive juices receive their proper blood supply; they are no longer robbed, and their juices are not weakened by the excessive amounts of mucus heretofore poured into the stomach and intestinal tube; hence digestion is more positive and normal, and the food taken into the stomach gives its strength to the body, and does not pass away undigested.

Why the Action Is Positive

The action of Viavi in these conditions is positive, because it contains that element provided by Nature which is a food to the nervous system and which enables that system to regulate the blood supply; and the body, being furnished with the ordinary foods naturally, takes from them what it demands for its growth and support. It is the same principle that is exhibited daily in the eating of the ordinary foods; we eat bread, meat and vegetables, which in the healthy body are absorbed, taken into the blood, purified, and then distributed to the entire body, each part selecting that which is necessary for its use. By the use of Viavi we simply assist Nature. We supply that food which is necessary in these diseased conditions, and thus assist Nature. The patron gradually regains her or his normal health and strength. No miracle has been performed; we have simply taken advantage of a law that has existed in Nature from the beginning of time.

How the Liquid Is Used

By means of an atomizer the liquid is sprayed into the nose and throat. By the use of the proper tubes the entire mucous membrane (crevices included) is successfully reached. If spraying the throat gags the patron, the throat may be gargled in the old-fashioned manner, instead of spraying it.

When the bronchial tubes or lungs are affected the patron should inhale slowly while spraying the throat, and thus draw the spray downward and bring it in direct contact with the diseased membranes. By using the Viavi liquid in this manner it is efficacious in such diseases also as croup, bronchitis and pneumonia.

The liquid is to be used from one to several times a day, according to the nature and severity of the disease. (See chapter on Catarrhal Conditions.)

In diseased conditions of the stomach and bowels the liquid is to be taken internally. The dose for adults is from ten to fifteen drops in hot water

three times a day about twenty minutes before meals; for children, five drops, and for infants, three drops. A minute description of how the Viavi liquid is to be used in treating open sores will be found in the chapter on Wounds, etc. For its proper use in rectal troubles in conjunction with the Viavi suppositories when the disease is high seated, see Viavi Rectal Suppository in this chapter.

THE VIAVI RECTAL SUPPOSITORY.

The use of the Viavi rectal suppository is limited to the rectum, but its clinical range includes all diseases to which this organ is liable. (See chapter on Diseases of the Rectum.)

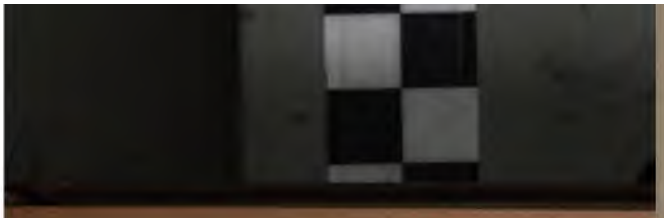
The rectal suppository is to be placed in the rectum at night just before retiring, or immediately after stool at any time during the day. It readily dissolves and is absorbed by the tissues of this tract. Its action is to assist Nature to restore a healthy reaction by establishing a normal circulation and so reducing existing inflammatory conditions and the ultimate results arising therefrom, as are found in chronic diseases of the tract. The most marked and beneficial results follow the use of the Viavi rectal treatment. Both men and women afflicted with rectal diseases are invited to place themselves in correspondence with the Hygienic Department of the nearest Viavi office.

How Suppositories Are Used

This form of Viavi (formerly known as Sano) is a splendid combination of the Viavi principle with other elements necessary to the cure of diseases of this part of the body. The rectum should be empty when the suppository is placed in it. The suppository is inserted about the length of the forefinger, the finger having been anointed with vaseline or some similar harmless substance, so that it may be easily introduced. There are two sphincters in the rectum, one at the anal opening and one about an inch to an inch and a half above. The suppository should be placed above the second sphincter. If the patron so desires, a black rubber placer may be purchased at the Viavi headquarters of the various divisions. By means of the placer the use of the finger is rendered unnecessary.

Where the superior, or upper, part of the rectum is diseased and beyond easy curative reach, a rectal douche of a half pint of warm water in which has been placed a half teaspoonful of Viavi liquid should be used. The douche is to be taken in a reclining position and while the patron is on the left side, and retained if possible. When it is necessary to use the Viavi liquid for rectal trouble the suppository is to be used in the morning. When it is convenient for the patron a small rectal douche, to insure a thorough cleansing of the rectum, will promote absorption of the suppository.

By using the Viavi system of treatment as above prescribed every part



of the rectum, both high and low, is brought into contact with the treatment, thus assisting Nature to promote circulation, overcoming congestion and inflammation, and enabling Nature to establish healthy function.

The Viavi cerate is always to be used over the abdomen, liver and spine when rectal troubles are present, as it increases the abdominal circulation and assists in removing the congestion in the rectal tissue.

THE VIAVI TABLETTES.

The Viavi tablettes are put up in a form convenient for carrying. The Viavi principle is combined in them with digestive ferments, and also principles that have a direct action upon the liver. The increase of strength through the Viavi principle combined with digestive elements, and in addition to that the increased activity of the liver, make the tablettes useful as a tonic for nervous dyspepsia and in cases where the activity of the liver needs to be increased. When these conditions are present constipation will be lessened, because one function of the liver is to provide material that assists in the movement of the bowels. This combination is preferred in all forms of indigestion where the liver is implicated. Its action is that of the Viavi principle combined with digestive ferments, and means for increasing the activity of the liver.

The tablettes are arranged in vials—yellow, brown and white. Take one from the yellow vial before breakfast, one from the brown vial before the heaviest meal of the day (whether noon or evening), and one from the white vial before the light meal (supper or luncheon). Masticate them thoroughly before swallowing.

THE VIAVI LAXATIVE.

Constipation is found in so large a number of patrons who begin to use the Viavi system of treatment, and has existed so long, that a demand arose for an auxiliary of the Viavi system of treatment, that would combine a laxative with the Viavi principle. The common idea of a laxative is anything that will move the bowels, with no thought of strengthening and developing the muscular tissues of the bowels or increasing the activity of the liver, so that the movement of the bowels may be brought about normally. This condition is so prevalent that we find patrons with whom it is absolutely necessary, and has been for years, to use daily, as regularly as they do their food, some form of laxative in order that the bowels may move at all. It is unnecessary to say that these cases become chronic, and that the bowels depend upon this assistance just as much as the entire body depends upon food. The aim of the Viavi laxative has been not only to move the bowels, but so to strengthen them and the other organs directly concerned in digestion, that the bowels may act normally. For this reason the Viavi princi-

ple, which gives strength to the muscular tissues, and which is a food to the nervous system, has been combined with laxative principles. Hence, wherever a laxative is necessary, the Viavi form of it will be found most efficacious.

The Uses of the Laxative

In severe cases it is sometimes necessary to take three or more of the pills at the beginning, but if used properly and in conjunction with the Viavi system of treatment for the diseases that are present in other parts of the body, it will not be long before the bowels regain their powers and perform their work naturally.

The suggestions given in the chapters on the Diseases of the Stomach and Bowels, as to diet and exercise, must be followed, and the application of the Viavi cerate externally and the kneading of the abdomen and bowels are essential to establish a cure. Not all patrons realize the immense amount of work that has to be done. The age is a rapid one. Results are obtained so quickly by mechanics and by inventions of various kinds that the human body is expected to answer to the same laws. While Mother Nature will do much, yet it is necessary in regard to diseases to use the remedy sufficiently long. Various lengths of time are required by different persons, owing to different conditions, to obtain a cure.

The dose as indicated should be increased or decreased in accordance with the action desired. Where the peristaltic movement is badly impaired, as in chronic constipation, it will require the use, for some time, of two or even three laxative pills every night before retiring. If one or two pills are found to accomplish the desired results, no more should be used, and the dose should always be cut down to one pill as soon as possible. The three pills should not be taken at once if the patron gripes, but taken at intervals of thirty minutes apart, so as to allow one to dissolve before the second one enters the stomach.

THE VIAVI TONIC.

Many cases come under the Viavi system of treatment with the vitality exhausted and the recuperative powers exceedingly low, and seem to demand the intelligent use of a tonic. Many persons have been in the habit of taking tonics, for they believe that nothing can be accomplished unless they do, and often they worry because they do not have one, and thus seriously retard their improvement. In many cases they do absolutely need a tonic to strengthen their waning vitality and to carry them on for a time until the Viavi principle has demonstrated its power in the body, and there is a normal circulation in the various organs, each one performing its functions more normally and with greater effect.

The Action of the Tonic

The combined action of Viavi with iron and other tonic principles is entirely new and very positive, and we have seen remarkable results obtained from it. When there is a lack of appetite and a feeling of depression, when food does not taste natural, or the patron has no appetite whatever, the tonic should be used, and used regularly. As it is taken the patron begins gradually to feel the effect in the blood. The circulation, which has been sluggish, is gradually increased, the sensation of hunger becomes very evident. As the tonic contains the Viavi principle, the stomach does not take into it more food than it can digest, because the Viavi principle is acting upon the nervous system, assisting Nature to bring about a normal blood supply; the digestive juices are stronger, and every part of the digestive system is able to perform its function more normally. This improvement, though gradual, is noticeable in the patron's face; the flesh becomes harder and firm, the step lighter and more elastic. This is not the effect of a temporary stimulation, but a real and absolute growth, and the success is due to the Viavi principle contained in the tonic. It is an easy matter to stimulate the body—a very difficult thing to assist Nature in securing growth and development. But this the Viavi tonic does; and we do not hesitate to recommend it to the most delicate persons, as it will make a marked, but gradual, change toward health.

Doses of the Tonic

One tablette is to be taken three times a day on an empty stomach and oftener if necessary.

VIAVI ROYAL.

Viavi Royal is a combination of the Viavi nerve and tissue food principle with highly efficient and quickly acting vegetable tonics. Hence it is both a builder and a tonic. The action of the Viavi principle is to feed the nerves and tissues, and thus to give strength to the system by which it is enabled naturally to overcome disease or weakness and remove impurities from the system. By its use the blood is enriched, the circulation made strong and regular, the organs enabled to perform their functions properly. It places the system in a normal, or natural, condition, which means a condition of health, strength and vigor.

The addition of the tonic principle to the Viavi principle in forming Viavi Royal introduces a potent and quickly acting element that enables the natural forces of the system to employ the Viavi principle with more immediate results. Viavi Royal thus has a complex power, and is wholly distinct from all other tonics. Its good effects are almost immediate, and, better still, are permanent.

A Craving for Stimulants

It invariably happens in nervous debility, depression, exhaustion or prostration, or in depression from disease, or in the weakness of convalescence, that a strong desire for a stimulant arises. A mere stimulant may afford temporary relief and lend a transitory strength, but all this has come from stimulation of forces within the system, and not by the introduction of strength from without. Hence there is an unnatural consumption of vital forces, and the last condition is worse than the first—the stimulant has done more harm than good. The stimulant, by giving temporary relief, has deceived the mind, and more artificial stimulation is required. This only aggravates the condition for which the stimulant is taken, and hastens the disastrous end.

Viavi Royal gives a positive and permanent addition to the vital forces. The feeling of exhilaration and strength that it imparts has a solid foundation; the benefits that are felt are real, not artificial. It gives to the natural forces of the system what they need to be strong, vigorous and elastic. The good that it accomplishes does not pass away. It both invigorates and builds.

Great Value as a Tonic

Viavi Royal under ordinary circumstances will greatly abridge the cure of the diseases of women, children and men to which the various forms of the Viavi system of treatment are applicable. It is highly beneficial also in convalescence from any illness, and is a valuable aid as a tonic to women who are using the Viavi system of treatment for the diseases peculiar to their sex.

For those troubled with depression of the spirits it is the greatest of blessings, as it at once gives animation and makes the whole world seem as it should—bright, beautiful and full of opportunities. It is the best of all agencies to assist in overcoming terrible habits formed by taking drugs and stimulants. The system fed by this building, invigorating tonic craves no stimulant after it has been used sufficiently long to give the system its full natural tone. The desire for any stimulant is a disease; Viavi Royal will overcome that disease. It will satisfy every craving for a stimulant or a sedative, and by building up the system will entirely eradicate the craving. It accomplishes this solely by building up the natural strength of the system. A natural system craves nothing unwholesome or injurious.

One great charm of Viavi Royal is that it does not create a need for its indefinitely continued use. When the system has been made strong, vigorous and resistant by it, its use will be discontinued voluntarily, and no inconvenience from its discontinuance will be experienced. That is simply because it is not an artificial brace, but a true builder.

Good Effects Upon Children

Some of the most striking of the good effects of Viavi Royal have been witnessed in children. Many children are overcrowded with school work, and thus the vitality

that is needed for their healthy physical development is diverted. In consequence they become thin, or acquire a listlessness that is entirely foreign to normal childhood. Many of them become afflicted with headaches or insomnia. Again, numerous children not thus cruelly burdened grow with so great rapidity that the system is put upon a heavy strain to supply the demands of the growing process. Under such conditions the bones are likely to be weak and the muscles inadequate. Often the shoulders acquire a permanent stoop that remains a disfigurement for life. The mental forces are necessarily drawn upon to supply the needs of the rapidly growing body, with the result that such a child is likely to be stupid and uninteresting. The use of Viavi Royal in all such cases has been almost miraculous. It should be remembered that childhood and youth are the most important stages of life, and that habits and conditions established then are the ones that exercise the greatest influence upon the after life. To start a child aright is the highest of duties, and the rewards from it are the brightest. Viavi Royal brings improperly developing children and youths into a hearty and vigorous condition, producing results that are as astonishing as they are gratifying. Childhood responds promptly to all influences, good or bad. A child made vigorous, bright, cheerful, strong and full of life by Viavi Royal is a blessing. Puny and fretful infants are equally benefited by its use.

Benefits in Nervous Debility

Many persons, particularly men, find their powers waning in middle age, when they should be at the height of their prime. Insomnia, loss or weakening of sexual vigor, headaches, nervousness, irritability and numerous other signs of nervous decay make their appearance. These are brought on by overwork, the use of tobacco, alcoholic stimulants and tea and coffee, overeating, excesses and the other ways in which the forces are used up before their time. A system in such a condition is an easy victim to disease of any kind, which will inevitably shorten life and fill it with suffering. To yield to the great desire for stimulants in such cases is to make the evil worse. Viavi Royal produces remarkable results in all such cases. Its benefits are felt at once. It finds the weak and impoverished places and builds them up. It gives a feeling of strength and buoyancy that lends to life an entirely different and altogether pleasing aspect. It renders hard tasks easy, increases the power to work and the ambition to achieve, and makes men and women what they were intended to be—hearty, vigorous, cheerful, competent and useful to themselves and all about them.

Its Use by the System

Viavi Royal is in a liquid form and has a bitter taste that is not unpleasant. It is readily retained by the most sensitive stomach. It contains nothing that im-

poses the slightest strain upon the digestive powers, for, like all the other Viavi preparations, it is predigested and is at once taken up by the circulation and immediately fed to every organ, part, tissue and nerve of the body. Every function at once receives its helpful assistance, the weaker giving the first evidences of its benefits. It banishes fatigue, clears the brain, tones up the nervous system, creates a natural desire for rest and sleep when they are needed, and gives to the entire organism a lasting and genuine sensation of renewed vigor, strength and power.

Viavi Royal is to be taken twice a day, between meals. The dose for adults is a teaspoonful; for children and youths, one-half teaspoonful; for infants, three to ten drops.

CONCLUDING REMARKS.

It will be observed from the foregoing list of the Viavi preparations that besides furnishing a direct treatment for the diseases that come within their range, they include a number of auxiliary treatments to assist in overcoming stubborn conditions accompanying the principal diseases. By the use of these auxiliary treatments the cure of the principal diseases is facilitated, and time, expense and trouble thus saved to the patrons. It will have been noted, further, that in addition to these auxiliary treatments there are numerous hygienic aids that, if employed, will serve the same purpose.

From all this it will be rightly inferred, first, that in presenting a perfect and thorough system for the treatment of the diseases coming within the scope of Viavi it is obviously the intention and desire of the founders of Viavi to assist Nature to effect cures, and, second, that this purpose is given added force by the establishment of a Hygienic Department, maintained at all the division headquarters for the sole purpose of advising and assisting Viavi patrons in every way to obtain a cure. Thus the four unique and distinguishing features of the Viavi system of treatment are a treatment that assists Nature to cure diseases of a very serious kind that have hitherto baffled the best curative skill, a number of auxiliary treatments to shorten the time of cure, a wide range of simple hygienic aids to serve the same end, and a Hygienic Department at every division headquarters to suit the form of the treatment to individual needs.

It will be noted, further, that the fact is strenuously insisted upon that disease is the result of unintelligent living, a punishment for violations of Nature's laws. These laws have been plainly indicated. This volume is as valuable in showing how disease may be avoided as in indicating the method by which it may be overcome.

It is unnecessary to add that so logical a plan for the cure of disease places the Viavi system of treatment far ahead of any other. It is partly by reason of this perfect and intelligent system of treatment that so wonderful

results are secured and that the fame of the treatment has spread to the whole civilized world. It marks the most brilliant of all the bright eras in the treatment of disease.

In these facts we have a sufficient explanation of the active support and advocacy of the leading thinkers and reformers of the world.

The use of the word *Food* in the Viavi literature means that Viavi is a substance which Nature readily uses when the treatment is placed in contact with the body so that it can do so. Clinical experience has shown that Nature readily uses Viavi and as a result the recuperative and resistive powers of the body are increased and thus a normal condition is gradually brought about. Thus, when we say Viavi is a nerve and tissue food, we mean that our clinical experience has taught us that Nature uses it to strengthen the nervous system and to assist in rebuilding and strengthening the tissues.

When we use the word *pre-digested* we mean that in the preparation of Viavi desirable portions of various plants have been selected and in the process of manufacture we have eliminated those parts which are not easily absorbed by the body without the aid of the natural processes of digestion in the stomach and bowels. Thus, by *pre-digested* we mean that the different elements are prepared and combined in a manner which enables their curative qualities to be easily absorbed, assimilated and carried into the body.

While the vegetable substances used in Viavi contain well-known curative principles which have been tried for centuries, the combination which is obtained and used in Viavi is, so far as we understand, entirely unknown outside of our own laboratories. A clinical experience of nearly twenty years in millions of cases has proven the efficacy of such a combination of medicinal elements. We believe that Nature furnishes the proper substances for the cure of all diseases and whenever these substances are used and the body has sufficient recuperative power and energy, that body, through Nature's processes, must become well. When we speak of Viavi, of the results to be obtained through the use of the treatment, we base our hopes and expectations upon the accomplishments of the past.

By the word *cure* in Viavi literature, whether found in the Viavi Hygiene or elsewhere, we mean the use which Nature makes of Viavi to establish a cure. We realize that Nature is the great physician, that we can only assist and in the term *Viavi cures* we simply mean that Nature uses Viavi to accomplish results. It is our desire that customers may understand that we do not wish to usurp, or take the credit due to Nature, but to work in harmony with the laws that exist and have existed from the beginning of time. We believe that when a person understands that it is the use of the various substances by Nature which enables the individual to regain their health, provided they use these aids when the body has yet sufficient recuperative power, that they make the greater progress and have a better understanding of the laws which produce these results.

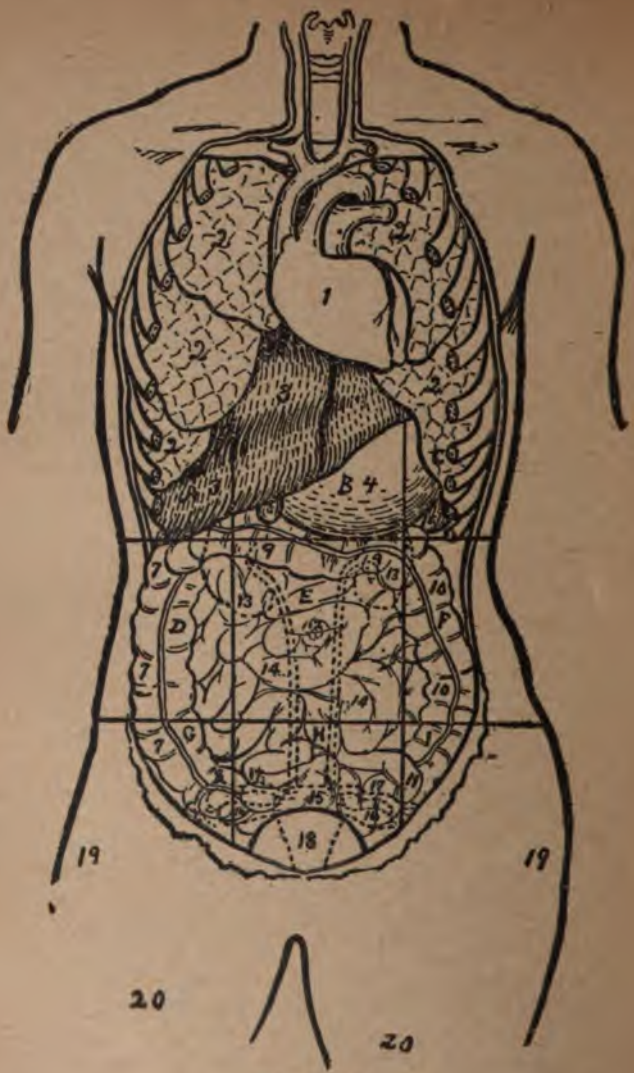


DIAGRAM.

Showing Position of Internal Organs and Boundaries of Regions.

This plate is of inestimable value, as it shows upon what parts of the body the Viavi cerate should be applied to reach the organs affected.

Description of Numbers and Figures.

1.	Heart.
2, 2, 2, 2, 2.	Lungs.
3, 3, 3.	Liver.
4.	Stomach.
5.	Gall Bladder.
6.	Spleen.
7, 7, 7.	Ascending Colon.
8.	Cecum.
9, 9.	Transverse Colon.
10, 10.	Descending Colon.
11.	Sigmoid Flexure.
12.	Umbilicus (navel) surrounded by the Small Intestines.
13, 13.	Dotted lines showing position of Kidneys.
14, 14.	Dotted lines showing Ureters, passing from Kidneys to Bladder.
15.	Dotted lines showing Uterus in relation to Bladder.
16, 16.	Dotted lines showing position of Ovaries.
17, 17.	Dotted lines showing Fallopian Tubes.
18.	Bladder.
19.	Hip Joint.
20.	Thighs.

Regions.

The four straight lines divide the abdominal cavity into nine distinct regions, enabling one to see at a glance what organs or parts of organs are situated in each of these regions. The regions are marked with letters:

A. Right hypochondriac.
B. Epigastric.
C. Left hypochondriac.
D. Right lumbar.
E. Umbilical.
F. Left lumbar.
G. Right inguinal.
H. Hypogastric.
I. Left inguinal.

CHAPTER LXXIV.

HYGIENIC AIDS.

THE purpose of the hygienic aids to the Viavi system of treatment is to shorten the time of cure, and thus save trouble and expense. They accomplish this by enabling the system more readily to make the best use of the Viavi preparations. All of them are simple, and every household furnishes the means for their use. The Viavi system of treatment throughout is a home treatment. It sets no difficult tasks.

The cases in which the hygienic aids here described are useful are mentioned throughout the volume.

APPLICATION OF THE CERATE.

The manner of preparing the skin and applying the Viavi cerate is given in the chapter on the Forms of Viavi. The cerate may be applied to any external part of the body.

Cerate on Spine. The patron should lie face downward, or sit on a stool or chair, with the back exposed. The back should be washed with a mixture of two parts of warm water and one part of vinegar, then thoroughly dried. The rubbing in of the cerate should be done by an assistant, who should spend at least thirty minutes to an hour at the work. As much force as can be borne by the patron should be put into the effort. The application should extend from the nape of the neck to the lower extremity of the spine. The whole surface of the back should be rubbed, especially the part immediately over the spine and from two to three inches on either side of it. Both circular and downward strokes should be employed in the application of the cerate to the spine, and the application should be made daily. The spine is often so sensitive from a diseased condition of the nerves within it that at first the cerate must be applied lightly in such cases. The tenderness will soon disappear, and then greater force should be used. By reason of the fact that the spinal cord is the greatest nerve trunk in the body and contains the nerve centers from which nerves pass to all the organs in the body, and because the cerate serves as a food for the nerves, the use of the cerate on the spine is essential in all cases, particularly in diseases of the generative organs, the digestive system, the nerves, the lungs and other internal diseases.

Self-Application of Cerate on Spine. If it is not convenient to employ an assistant, the cerate may be self-applied by putting it on the back of the hand, instead of the inside. The lower part of the back is easily and effectively reached in this way.

Rules for Abdominal Massage. The term "massage" is employed in Viavi hygiene to mean a careful kind of rubbing, and not the elaborate manipulation commonly known as massage. How this rubbing is done is shown in the chapter on the Forms of Viavi. In rubbing the abdomen a circular movement of the hand should be employed, the cerate being on the fleshy ends of the fingers, and the rubbing being always gentle. Before the rubbing is done the bowels and bladder both should be emptied. If the bowels are heavily loaded a rectal douche should be taken while lying on the left side, and the water should be permitted to pass away before the rubbing is done. The rubbing should not be given until at least two hours after eating. The patron lying on the back, the abdomen should be cleansed with water and vinegar, and relaxed by elevating the knees. If the abdomen is very sensitive the application of a hot compress (see Hot Compress on Abdomen) immediately before the rubbing will make it much more comfortable. If the abdomen is sensitive after the rubbing, a long towel should be wrung from cold water and wrapped two or three times about the body, the patron remaining quiet in bed for at least two hours afterward. Under these circumstances the abdominal massage is much better taken at night, when the patron may remain quietly in bed till next morning.

But little of the cerate is to be used at a time, and the rubbing should be continued until all that is used is thus absorbed. The movement should be in small circles in an upward direction, sending the blood toward the heart. (See plate outlining the regions of the organs.) After the rubbing, all remaining cerate should be carefully wiped off with a soft cloth, otherwise it will soil the clothing. (See also Hot Bath with Cold Spray.) The great trouble with most patrons is that they do not require that the rubbing be continued for a sufficient length of time. Those who have been ill a long time should have a rub of thirty minutes at night and another of the same length of time in the morning.

Individual Abdominal Massage. A very comfortable and non-fatiguing way of massaging the abdomen with the cerate, where the patron can have no assistance, is to retire after sponging the abdomen with vinegar and water; lie upon the back, rolling the night-dress high up under the arms; elevate the knees by drawing the heels toward the buttocks, thus relaxing the abdominal muscles, rendering them soft and pliable. The abdomen may be rubbed in this position for twenty or thirty minutes easily with but little exertion.

Pendent Abdominal Massage. Use three chairs having no side pieces nor arms. Place two of the chairs together so that the length of the legs shall lie upon them. The third chair should be placed about a foot and a half from the others, so that the body, face downward, from the waist up shall rest upon the chest and arms; this will leave the abdomen unsupported and pendent. In short, lie upon the chairs face downward as a boy lies upon his sled when coasting, with one chair removed from the others so as to leave the abdomen pendent and without support. An assistant, after covering the palms of both hands with the Viavi cerate, should stand over the patron, beginning in the right and left inguinal (groin) regions, and rub the abdomen upward toward the chest, first with one hand and then with the other, the movements being alternate. The same results cannot be obtained where the patron lies upon the back. The abdomen, in the pendent position, being unsupported, falls downward, producing an inward and outward movement, which is very helpful, in conjunction with the treatment, in establishing the circulation of the blood. This is of great assistance in overcoming painful menstruation. This massage also helps to overcome constipation by establishing the peristaltic movement of the bowels. It assists materially also in breaking adhesions, as well as in helping to right displacements of the womb and ovaries. This massage is also successfully employed in non-development.

Abdominal Vibrations. A vibratory movement applied to the pendent abdomen following the Pendent Abdominal Massage, is a most powerful means of stimulating the nervous plexuses, circulation, glandular activity and peristaltic movement of the bowels. The attendant stands over the patron. The palm of the hand is applied to the surface, and fine vibratory movements are executed in such a manner as to throw the whole abdominal contents into vibration. The effects of this treatment are very marked in cases in which the abdominal walls are considerably relaxed. Another vibratory movement may be obtained by placing the palm of the hand upon the abdomen, then making a rapid rotary movement without allowing the hand to slip upon the surface. The directions of the movements should alternate, half a dozen in one direction and then an equal number in the opposite direction.

Kneading of the Abdomen for Constipation. To knead the abdomen a quantity of the Viavi cerate should be first rubbed over the abdomen, about as much as will thoroughly absorb—say as much as could be placed upon a quarter of a dollar. After covering the abdomen thoroughly with the cerate, then knead with the fist, using a screw-like motion of the knuckles along the following course: Begin at the right groin and gradually work upward toward the breast until the short ribs are reached, then follow across the body just above the navel to the short ribs on the left side, and then downward to the left groin. By so doing the course of the ascending, transverse and descending colon is followed. (See cut showing outline of organs.)

Massage of the Perineum. The patron should undress and go to bed. While lying upon the left side the Viavi cerate is rubbed with the right hand in a thorough manner over the floor of the abdomen, or the soft parts that extend from the end of the coccyx behind to the pubic bones in front. This includes the muscles in which lie, about the anus, external organs and the soft parts extending between the bones upon which the body rests in sitting. This rubbing is almost as beneficial as the massaging of the abdominal walls. When the right hand wearies the patron may turn upon the right side and massage with the left hand. The duration of this massage should be from fifteen to twenty minutes.

DOUCHES.

Under the Viavi system of treatment douches are advised for various purposes. They are to be taken in the vagina, rectum, nose, bladder or ear, according to the nature of the disease under treatment. Their principal purpose is to cleanse the mucous membrane lining those organs, and to stimulate the circulation in the membrane, so that the Viavi preparations may be the more readily absorbed. Hence they serve to shorten the time and lessen the cost of the treatment. Some of the douches have other purposes, as will be seen.

Vaginal Douches. There are various kinds of vaginal douches. Before describing them and showing their uses we shall lay down some general principles concerning them. All vaginal douches are best taken while the patron is lying on her back. A bed-pan will be needed to catch the water if an ordinary fountain syringe is used. The bag should be hung at a height above the bed that will give a comfortable pressure to the water; this will vary with individuals. Nothing to cause the least discomfort or pain should be permitted. There are two things to be accomplished by this douche: one is to cleanse the vagina, and the other is to stimulate the circulation within its walls, both of these conditions greatly promoting the absorption of the Viavi capsule. Hence the temperature of the water should be such as to produce these effects. Women are not alike in this regard. Some find that water as hot as can be borne is best, and by its use they experience relief. Others find cooler water more satisfactory. Still others experience the greatest benefit from the use of cold water. Each woman must determine this matter for herself. In excessive menstruation cool water is best in all cases. The quantity of water should be from two to four quarts. During pregnancy the syringe should not be used after the third month, but the parts should be gently flushed with the hands instead.

The Viavi Refluent Vaginal Irrigator has been devised to meet all the requirements perfectly. The water flows from the irrigator into the vagina

from a number of minute openings in its upper end, taking on a rotary motion that thoroughly cleanses the whole tract, especially the cul-de-sacs, or pouches, anterior and posterior to the neck of the uterus. By thoroughly cleansing the parts in this manner a perfect absorption of the Viavi capsule is insured.

Vaginal Carbolic Douche. Add from ten to fifteen drops of carbolic acid to each quart of water used, being extremely careful to mix the acid thoroughly with the water, as otherwise it will collect and thus issue so strong as to burn the parts.

Vaginal Salt Douche. Add a teaspoonful of common salt to each quart of water used.

Viavi Vaginal Douche. Add one teaspoonful of Viavi liquid to each pint of water used.

Viavi Vaginal Douche. First cleanse the vagina with a douche of plain water of the desired temperature, emptying the water-bag. Then to a half pint of water add a half teaspoonful of Viavi liquid. Use this mixture as a douche immediately afterward.

Vaginal Vinegar Douche for Hemorrhage. Pure vinegar, at 120 degrees Fahrenheit, may be used for severe hemorrhages. In case of a profuse flow the vinegar should be diluted half with water.

Vaginal Hot Douche for Hemorrhage. Water heated to 120 degrees Fahrenheit acts as an astringent, and is one of the most convenient and valuable means of arresting a hemorrhage or profuse flow. A prolonged hot vaginal douche in a reclining position is advised.

Rectal Douche. A rectal douche (injection, enema) should never be taken in a sitting position, but the person should assume a reclining position on the left side, so as to allow the water to pass beyond the sigmoid flexure into the descending colon, which lies in the left part of the abdomen. The rectal douche taken in any other position cannot be followed by good results, as it is impossible for water to run up hill; it can find its way beyond the sigmoid flexure only by completely filling the rectum with water, which the sphincter muscles are generally unable to retain in any other position than this. Moderately warm or cool douches are preferable in the rectum to hot. The amount should be from two to four quarts. It should be held as long as possible.

In ulceration of the lower bowel or rectum a douche composed of a half teaspoonful of Viavi liquid to a half pint of water should be used, and retained as long as possible. This is best done after the rectum has been cleansed by means of an ordinary douche.

Rectal Douche (Flushing of the Bowels). Flushing the bowels is often necessary, though it is a well-known fact that habitual flushing of the bowels causes a semi-paralyzed condition of the large intestine. The person should assume a reclining position on the left side, allowing from a gallon to a gallon and a half of moderately warm water to pass from the syringe into the bowels. While the bowels are heavily loaded in this manner, the body should not be constricted by bands or corsets, nor should much exercise be taken until the water has passed off. To be effectual it should be allowed to remain from fifteen to thirty minutes, unless too much uneasiness is experienced, when it should be allowed to pass off. Once a week is sufficient for bowel flushing. If catarrh of the bowels is present, a teaspoonful of Viavi liquid may be added to each quart of water used.

Nasal Douche. The absorptive power of the mucous membrane can be greatly increased by freely snuffing up the nose, prior to spraying with Viavi liquid, warm water to which has been added a little vinegar or salt, and then blowing the nose before using the spray.

Bladder Douche (for Women). A very simple and successful syringe or appliance for washing out the bladder is made from a soft rubber catheter attached to a piece of rubber tubing, these being joined by a piece of glass tubing, and the whole being about two feet in length. A small glass funnel is introduced into the free end of the rubber tube. This completes the syringe. Great care should always be exercised in washing out the bladder. The catheter should be perfectly clean and sufficiently soft and flexible to be incapable of injuring the urethra or bladder. The bladder should always be emptied slowly, especially as the last of the contents escape, otherwise the bladder will abruptly contract upon the catheter and be injured. The bladder should also be distended very slowly, or injury with great pain in the organ will follow, while the quantity of water used should not be more than the person can tolerate without pain. An ounce of warm water is sufficient for this purpose, and less will suffice if more gives pain. Five drops of the Viavi liquid to an ounce of water should be used for the douche. This syringe may be used first to empty the bladder by introducing the catheter and lowering the funnel over a vessel. While it is still in place, the washing may be accomplished by pouring the solution of warm water and Viavi liquid into the funnel, raising it high enough to make the solution flow into the bladder. The funnel is then lowered and held over a vessel; this permits the fluid to escape. The process should be repeated as often as necessary, before withdrawing the catheter from the urethra. It is very imperative not to let air into the bladder. This may be avoided by not completely emptying the bladder, retaining sufficient of the urine to fill the catheter. By filling the funnel before elevating it, the fluid used will meet the urine in the catheter and so exclude the air. If the bladder

is empty in the first place, the catheter should be filled before introducing it into the urethra and the air excluded in this way. Four important things in taking the bladder douche are: First, that the catheter be surgically clean (this can be assured by immersing it in boiling water); second, that the bladder be emptied very slowly; third that the bladder be distended slowly; and fourth, that air be carefully excluded. The catheter should be lubricated with a little vaseline, not oil, and be surgically clean to begin with. Once a day is sufficient for the bladder douche.

Ear Douche. A suitable ear syringe is used for this purpose. The manipulation of the instrument should be gentle, not forcible. The water should always be lukewarm, or at blood heat. The ear douche we advise for two purposes—removing hardened ear wax, and cleaning the auditory canal of purulent discharges. A frequent douching of the ear under any circumstances is likely to injure its delicate mechanism. Where the ear wax is hard and adheres tightly to the walls of the auditory canal, it will require several douches to remove it. Ten drops of the Viavi liquid should be used to a half pint of warm water for the ear douche, which may be employed once or twice daily when the discharges are purulent, profuse and offensive. The Viavi cerate should always be used in a thorough manner around the ear. The patron should remember that a feeling of fullness may follow the first ear douche, owing to the swelling of the hardened wax, which for the time being may entirely close the canal. After the wax has been removed, a small piece of cotton should be placed in the ear for a time to protect it from cold. The ear douche should never be used in mastoid abscesses, except under the direction of a skillful aurist.

BATHS.

There is probably no other familiar subject so imperfectly understood as that of bathing, and yet there is hardly any other more easily understood or more capable of yielding comfort and benefit. A bath may be employed either for securing cleanliness or as a very valuable hygienic measure for promoting health or overcoming disease. Cleanliness is essential to health, and hence the bath is useful for that purpose; but if in securing cleanliness injury is inflicted in other directions, the purpose of the bath is defeated. Again, the bath may be used to produce nervous states that have an important relation to both health and disease; but unless intelligence is employed in the process, more harm than good may be wrought. A most important result of intelligent bathing is an increasing of the circulation, which is essential to healthy nutrition and the elimination of impurities.

There are innumerable small glands in the skin that perform important offices affecting the welfare of the body. They not only constitute in the skin an important organ of elimination, to take up from the blood and cast out

through the skin certain elements of which the body must rid itself in that way, but they secrete an oily substance that assures the health of the skin itself. All of these substances are brought to the surface and there accumulate to some extent, and in time become rancid and offensive. In this way they produce not only an unpleasant condition, but an unhealthful one besides, for they close the minute pores with which the skin is filled, and which perform an important service to the general economy. It is by cleaning out and opening these pores that the Viavi cerate is made to be so readily absorbed.

The watery elements of the skin secretions (always coming to the surface, but imperceptible unless from heat or vigorous exercise it is copious, when it is known as sweat) are taken up by the clothing or evaporated by the air, leaving a residue. It is this that becomes rancid in time, giving a disagreeable odor to the skin, or to clothing that has been worn too long. Among the elements undergoing this decomposition is the oily substance that the skin secretes for its own health. Under ordinary conditions the decomposition of these secretions occurs in about a week. Hence a cleansing bath need not be taken under ordinary circumstances oftener than once a week. A cleansing bath is one in which soap is used, and the cleansing process is promoted by the use of warm or hot water. If soap is not used there will be comparatively little cleansing, but other good effects will be secured. This is an important fact, because it is ordinarily not advisable to cleanse the skin oftener than once a week, yet it may be highly essential to bathe much oftener. As the oily secretion serves a most useful purpose, its too frequent removal will invite disease. Hence we may avoid that danger by taking frequent baths that do not cleanse, and cleansing baths as often as needed.

Cold Bath. In former chapters we have cautioned against the use of very hot and very cold baths. Still, even these may be made highly useful in some cases if great care is taken. Baths of extreme temperatures, particularly cold, give a violent shock to the entire nervous system. Countless nerve filaments terminate in the skin, and every one of them receives the shock and transmits it to the entire system. This shock might be beneficial in some cases, particularly those associated with nervous troubles, weakness or derangement, as insomnia, debility, obesity, etc.; but unless extreme care is taken it will do more harm than good, allowance being made for differences among individuals, and for the resultant fact that what may prove good for one may not for another. If a very cold bath is taken, it should not last over ten seconds. It should never be taken while the body, or any part of it, is cold. It should be taken only after some sharp exercise that has rendered the skin warm and moist. After it, the body should be dried and rubbed very vigorously until a red, tingling glow appears all over it. The best time for taking it is just before going to bed. It may be taken on first arising, if every precaution against chilling is employed immediately afterward. It should be

remembered that the cold bath is a good invigorator if one is careful to follow the above directions closely.

Hot Bath. The hot bath does not impose so severe a strain as the cold bath. It should not be taken when the body is warm and moist, nor for two hours after eating. The water should be gradually cooled before coming from it by letting in cold water. Very robust persons are benefitted by a cold shower instead of this cooling process. One should not remain in a hot bath longer than ten minutes. Drying and quick dressing should follow, as the body is rendered exceptionally susceptible to taking cold. It may be taken two or three times a week.

Hot Bath and Cold Spray. This is especially beneficial after being rubbed with the cerate, and is best taken before retiring. It is very refreshing, and may be taken every night if neither too weakening or stimulating; otherwise it may be taken every other night. Lie in a bath tub full of water as hot as can be borne, keeping the temperature high by allowing the hot water to run in while the cool water is running out slowly. The person should remain in the water fifteen to thirty minutes, or until the body becomes very red, indicating that the blood is coming to the surface of the body. The body should be rubbed gently with the bare hand while in the water. Having been in the water the required time allow one-half of the water to run out. Stand up in the remaining portion, which is still hot, and spray or sponge the body quickly, for one-half a minute, with cold water. Get out of the tub and thoroughly dry the body with vigorous rubbing and retire to a warm bed. The cerate which has been absorbed into the skin will by the aid of the bath be carried quickly into the body; have the skin clean. If one is hungry a small portion of very digestible food or drink may be taken. Sleep will be very refreshing.

Swimming Bath. If possible, and the person is sufficiently strong, salt swimming baths should be taken. They may be either hot or cold, according to the constitution of the person. Some are so weak that cold baths are unbearable. Swimming is an excellent means for establishing a good circulation, but such a bath should never be indulged in immediately after a meal, nor until two to four hours have elapsed, else digestion will be impaired.

Sponge Bath. If the circulation is very sluggish a toning effect may be obtained by taking a cold salt sponge bath in the morning, in the following manner: To an ordinary basin of water, add a handful of sea-salt, and sponge off the entire body, afterwards rubbing thoroughly until the skin assumes a warm, healthy glow. The salt may be added to the water at night, so that it will be ready for the morning. This should be done as quickly as possible.

Viavi Brush Bath. Prepare a solution of one part acetic acid (if not obtainable, strong vinegar may be used) and two parts comfortably hot water. Saturate a face cloth with this and rub the body with a circular movement, until a dark substance from the pores of the skin appears on the surface. Then wash off with clean water and good soap; dry thoroughly. Afterwards brush the body from head to foot with a flexible flesh-brush or hair-gloves that do not cut the skin. (A piece of burlap forms a good substitute.) Brush the soles of the feet well. Rub until the body has a warm, healthy glow. Then rub the Viavi cerate over those parts of the body which are affected. Take the bath in the middle of the forenoon, if possible, and rest afterward; if not, take it just before retiring.

Blanket Bath. This should be taken in case the system needs invigorating. Take a heavy all-wool double blanket, a vessel of hot water and a bar of good soap. Dip the soap into the water and rub it on the blanket until the latter is thoroughly covered with lather. Fold the blanket lengthwise three times (doubling it each time); then roll it up in the shape of a bottle. Pour a kettle of hot water into each end of the blanket roll. Having undressed in the meantime, wrap the blanket about the body from the chin to the feet, tucking it closely to the body. Wrap around this a heavy comforter, to retain the heat. Sit in this until perspiration begins, or until the blanket begins to get a little cold—say from fifteen to twenty minutes. Remove the blanket a little at a time and wash the body with a solution of one part acetic acid (or strong vinegar) and two parts water. Care should be exercised that cold is not taken. When this has been done thoroughly, rub the body with warm olive oil in which has been mixed a half teaspoonful of the Viavi cerate. Wipe off with a soft towel. Then go to bed and rest; sleep if possible. This bath should not be taken oftener than once a week. An assistant is required to give this bath properly and assure the best results from it.

Salted Towel. A very effective method for establishing the circulation is by rubbing the body every morning with a salted towel, prepared in the following manner: Make some brine (using sea-salt, if available) strong enough to float an egg. Saturate a towel in this brine and hang it up to dry without wringing. The towel is now thoroughly filled with salt and ready to use. It tones the skin, hardens the muscles, beautifies the complexion and increases the circulation; at the same time, there is no liability to cold. Several towels may be prepared at once. Each towel should be used as long as sufficient salt remains in it to produce a refreshing effect.

Dry Salt Rub. As an adjuvant treatment, the rubbing of the body with dry salt is exceedingly beneficial as a tonic. The body may be rubbed daily in the following manner: Take a saucer of common salt and about a quart of water; dip the hand in water and then in the salt, rubbing the body thor-

oughly. Afterwards the body may be sponged and well dried. If the person is susceptible to cold, only that part of the body which is being rubbed should be exposed.

Sun Bath. The sun bath will prove of great benefit to both the weakly and the strong, in the latter to preserve strength and vigor, in the former to regain it. The room should be well warmed and accessible to the full rays of the noonday sun. A blanket should be thrown over a stool and the person should sit upon it, entirely devoid of clothing, for about a half hour, in the direct rays of the sun. The body should be turned at intervals so that each part may receive the effects. This bath allows the pores of the skin to breathe in the oxygen, while the sun acts as a powerful tonic to the nerves. To keep up a slight degree of exercise if the person so wishes, the body may be lightly brushed over with a soft brush, but this is not a necessity.

Spinal Sun Bath. For brain-fag, nervousness, and for spinal weakness and disease, or in cases where the spinal region is sensitive or painful to the touch, the following hygienic treatment is advised: Applications of the Viavi cerate to the spine may be made during the day and at any time while the sun is shining brightly. After a thorough application of the cerate, the entire length of the spine is exposed to the direct rays of the sun; or the application of the cerate may be made to the spine while it is exposed to the rays of the sun. In the first place, the sun's rays drive the cerate into the tissues, causing it to become absorbed easily and thoroughly, while the tonic effect of the sun's rays along this important trunk is very beneficial. A person should remain in the sun's rays from fifteen minutes to half an hour, or longer if agreeable.

SITZ BATHS

Cold Sitz Bath. Take a sitz bath of moderately warm water, keeping the feet in hot water and the shoulders well covered. A good plan, where a regular sitz tub is not available, is to take a small, ordinary wash tub, and place it inside the regular bath tub, turning it partially on its side and filling it with lukewarm water. Sit in the water, and put the feet in hot water, which may be in the bathtub itself or in a bucket. Then allow cold water to run into the tub in which the person is sitting, until it is barely warm, or even cold if it does not chill. Remain in the water for five or ten minutes. Afterwards rub well with a rough towel. This bath may be taken two or three times a week.

Hot Sitz Bath. This is often beneficial. It is taken in the same manner as the cold sitz bath, except that hot water is used and there is no necessity for placing the feet in hot water. The hot sitz bath should be seldom used where there is a tendency to piles, as it favors venous congestion of the *rectum.*

The Instantaneous Sitz Bath. This bath is taken by sitting in cold water for one instant, then drying the body thoroughly. It is best taken at night just before retiring. It has often been the means in both sexes, where troubled at night by restlessness and insomnia, of producing a restful and refreshing sleep. It may be taken during the night if the person sleeps well during the first part of the night and is restless during the latter part, by those who are accustomed to cold water.

FOOT BATHS.

The feet should never be plunged into water that is either very hot or very cold. Such treatment distresses or tortures a person. The proper way is to use lukewarm water, of a temperature that is perfectly pleasant, and then gradually bring the temperature to the desired point by adding hot or cold water, and, if necessary, dipping out the excess. In this way much hotter or colder water can be borne agreeably.

Cold Foot Bath. This assists in equalizing the circulation. After the feet have been placed in the tub containing water of a comfortable temperature, cold water should be added until the bath is sufficiently cold, and the feet should remain in the bath from five to ten minutes. They dry them and rub them thoroughly with the Viavi cerate. This will produce a grateful feeling of warmth by bringing the blood to the extremities. This bath taken by those who have stood or walked until the feet are tired or bruised, with a thorough rubbing in of the cerate on the feet, will overcome the distress and produce a refreshing rest.

Hot Foot Bath (with Salt or Vinegar). The hot foot bath is best taken by adding hot water to the lukewarm water until the bath is sufficiently hot. The feet should remain in the bath from ten to twenty minutes. It should be followed with a vigorous rubbing in of the Viavi cerate. This bath draws the blood from the head and trunk to the extremities, and assists greatly in overcoming congestion, relieving congestive headache and equalizing the circulation. Either a little salt or pure vinegar may be added to the bath, with beneficial results.

Hot Foot Bath in Bed. The patron lies in bed. A foot-tub or bucket two-thirds filled with warm water is placed in the bed close to the buttocks, while the knees are so raised that the feet may rest easily in the vessel. The water may be kept hot by dipping out a part and adding hot water. The bed clothing should be tucked closely around the patron to prevent the escape of steam and heat. A cloth should be placed between the buttocks and the vessel. This foot bath is followed by refreshing rest of the whole body, with relaxation and relief from much pain. The bath should be removed from the

bed in from twenty to forty minutes, and the feet and legs rolled separately in a flannel or blanket without drying.

Foot Bath for Cold Feet. Dip the feet in cold water and hold them there for one minute; then plunge them immediately into water as hot as can be borne. Do this five times, alternating the cold water with the hot. A convenient way for doing this is to have two foot tubs side by side, one containing cold water and the other hot, or by setting the hot-water tub in a bath-tub containing a few inches of cold water and sitting on the edge of the bath-tub. After the bath dry the feet and rub them thoroughly with the Viavi cerate.

Vapor Bath for Feet or Legs. A rather wide and thick blanket is placed lengthwise upon a chair, upon which the patron sits with feet and legs bare. A wooden foot tub, keeler or bucket is a little more than half filled with boiling water and placed before the patron. On the top of the vessel are placed slats or a coarse sieve, on which to rest the feet. Great care must be taken to secure the foot rest in order to prevent scalding the feet. A small stool or wooden block may be placed in the bath for this purpose. When the patron is ready, with the feet on the slats over the steaming water, the blanket is laid around the vessel and over the knees in such a manner as to prevent the steam from escaping. This bath may be continued for thirty minutes. Then one foot and leg are taken from the bath and quickly sponged with cold water, and dried with a soft towel. The second extremity is given the same treatment. Like the other foot baths, this is followed up by a thorough rubbing of the Viavi cerate. This foot bath is not to be used oftener than once or twice a week.

Vapor Bath. Use a chair with a solid wooden seat (never a chair with an open seat of any kind), and under it place an oil or alcohol stove. Light the stove, and on it set a vessel of boiling water, which should be kept boiling by the stove. Undress completely and sit on the chair. The feet may or may not be put into hot water, but it is better if they are. Cover the body from the neck down with a blanket or a rubber gossamer, so that it will reach to the floor all around and form a tent over the body and chair, thus preventing the escape of the steam. Remain in this bath for twenty minutes. If there is any rush of blood to the head a towel wet with cold water should be placed upon the head or about the neck. This bath will produce a copious sweating, which in turn will cause intense thirst. Water, not ice-cold, should be drunk sparingly, a little at a time and often. The temperature of the bath may safely range from 120 to 140 degrees Fahrenheit, but should not exceed 140 degrees. An unwise degree of heat will generally be announced by the patron, by reason of the great discomfort experienced. A better plan is to have the patron hold a thermometer in the hand and pass it out every few

minutes for examination. After the bath the body is to be well sponged off with warm water; or, if it is possible to take this bath in a warmed bath room, have the bath tub half full of hot water. The patron should step into it quickly from the vapor bath with the least possible exposure of the body to the air, and remain in the hot bath until the water has become cool by the running of cold water into it. In many families are suitable steam boxes that carpenters have made for this vapor bath; they are better than a blanket, but the blanket meets the requirements if a box cannot be procured. This bath should be taken from one to three times a week, as the strength permits, but is never to be taken if there is a tendency to heart trouble.

COMPRESSES.

Cold Compress on Spine. Lie upon the bed, face downward, with a hot-water bag at the feet, keeping the feet, legs and hips well covered, and (if the person chills easily) a hot-water bag, or bottles filled with hot water, on both sides of the body. An attendant should sit at the side of the bed and wring cloths or towels from cold water, placing them upon the spine the entire length, covering them with flannel, and keeping the patron well covered meanwhile. The cloths should be changed for cold ones as soon as they become warm. This should be kept up for an hour. The back should then be dried, and the entire length of the spine and back should be rubbed with the Viavi cerate for thirty minutes.

Cold Spinal Douche. At night, before retiring, place the feet in warm water, especially if they be cold; at the same time sit over the edge of the bath tub or wash tub, and have some one hold a pitcher of tepid or cold water about three feet from the body, pouring the water on the spine. This will produce a slight shock, and will conduct the nerve force from the brain and into other channels. Afterwards the back should be well dried and rubbed until a glow is produced. The Viavi cerate should then be applied to the spine along its entire length and an inch or two on each side of it. This should be done by an assistant, who should spend ten or fifteen minutes in rubbing it in, using considerable force in doing so, if it can be borne.

Hot Compress for Legs. Wring a piece of heavy flannel or a piece of blanket from water as hot as can be borne and wrap it about the legs, each one separately, which again should be wrapped in a dry flannel and kept in this pack for at least fifteen minutes, the legs being elevated or placed on a level with the body. After removing the pack a thorough application of the Viavi cerate should be made, the cerate being applied with an upward movement from the feet toward the body, so as to favor venous circulation. The patron should never stand upon the feet immediately afterwards, but should remain

quiet for at least an nour—that is, if the pack is taken in the morning or during the day. If taken in the evening, the patron should at once retire.

Ice Compress on Spine. If a spinal ice bag cannot be procured one can be easily made at home. It will answer the same purpose—help to establish a vigorous circulation of the blood within the capillaries. Procure a piece of flannel of a length sufficient to cover the spine from the nape of the neck to the end of the coccyx. Over this spread pulverized ice, then fold until about five or six inches wide and place over the spine while the patron is lying face downward on the bed. The patron should then be covered well and the compress allowed to remain until warm. The patron should then be dried thoroughly and the compress followed by a thorough rubbing of the Viavi cerate over the region of the entire spine.

Hot Compress on Abdomen. Lie near the edge of the bed, having the body warmly covered with blankets arranged so that they may be readily lifted. Wring cloths or towels from hot water and lay them upon the abdomen. Replace them with hot ones as soon as they become cool, which will be every few minutes. Continue this for an hour every other night between the menstrual periods, leaving them off during the periods. If there is intense suffering during the periods the compresses may be continued until the flow is established and relief, or partial relief, secured. A hot-water bag in both cases will be less troublesome than hot cloths, as it avoids the cooling of the cloth. It is used by wrapping the bag in a hot cloth or flannel. The bag, if used, should be only partially filled with water, and air should be excluded before the stopper is inserted. Cover the body thoroughly and have the patron remain with the cloth and bag upon the abdomen for an hour, or until relief, if the period is present, be secured. After removing the compress apply the Viavi cerate in a very thorough manner over the region of the abdomen.

Cold Compress on Abdomen, with Feet in Hot Water. Just before retiring, and after undressing, put on a warm flannel night gown. Spread a blanket on the bed, permitting it to hang over the edge to the floor. Lie across the bed, with pillows under the shoulders and head, and with the feet hanging over the edge so that they may be in a bucket or other vessel of hot water. Fold the blanket over body and legs, and envelop the bucket with it, so as to keep the steam about the legs. The cold compresses should then be applied to the abdomen as already described, and this should be kept up for an hour. If the feet become tender after they have been in the hot water twenty minutes, they may be withdrawn, and a pair of woolen stockings slipped on to retain the heat that has been secured. After removing the compresses, dry the body thoroughly, part at a time, under cover—do not expose—then rub the abdomen thoroughly with the Viavi cerate for not less than thirty minutes.

Cold Compress on Abdomen, with Hot-Water Bag at Back. Lie near the edge of the bed. Have the body well protected with blankets, so arranged that they may be easily lifted. Place a hot-water bag under the body at the small of the back, or at and below the waist line. Then apply the cold compresses to the abdomen, in the manner already described, continuing this for an hour. Dry the body, and apply the Viavi cerate thoroughly for not less than thirty minutes.

Ice Compress on Abdomen. This is to be employed to check hemorrhage or excessive flowing. Make a bag of flannel sufficiently large to cover the abdomen. Fill this with crushed ice and lay it upon the abdomen. The bed should be protected with a rubber sheet or several thicknesses of blanket. It is very essential that the feet should be kept warm. The ice compress may be renewed at intervals until the hemorrhage ceases.

Cold Compress on Chest, with Hot-Water Bag. Lie on the bed with the hot-water bag between the shoulder blades. A flannel of four thicknesses and sufficiently large to cover the chest should be wrung from cold water by an attendant and placed over the chest; then cover the body thoroughly with a blanket. The compress should be removed every five or eight minutes and replaced with a cold one. This should be continued for thirty minutes to one hour, according to the patron's strength, after which the body should be thoroughly sponged with warm water and castile soap and rubbed briskly until a healthy glow is obtained. The Viavi cerate should then be rubbed gently but thoroughly over the region of the chest, well around to the sides and over the back between the shoulder blades, and well up and down the spine. The cerate should be used daily; the compress twice a week.

Cold Compress on Abdomen for Peritonitis. This compress consists of but one thickness of cloth, which at first may be an old, soft, linen handkerchief. Even so, the greatest care must be used in placing it, as the abdomen in peritonitis is exquisitely sensitive. Upon becoming warm it should be lifted gently and replaced with a cold one. This changing should be repeated at intervals for about a half hour, then the melted Viavi cerate applied over this region with a soft camel's hair brush. At the time the cold compress is being used upon the abdomen the feet should be placed in warm water, a foot tub being placed in the bed for this purpose and set near the buttocks. After the compress is discontinued the feet should be withdrawn and thoroughly dried.

Hot Compress on Liver. The patron lies in bed. A piece of flannel folded about four times, dipped in hot water and thoroughly wrung out, is laid over the region of the liver, and on this is placed a hot-water bag only partially filled with hot water, so as not to be cumbersome. The patron is

then carefully covered with a blanket. If the flannel becomes so dry that the heat is not moist, it should be dipped and wrung again. The duration of this compress should be not less than one-half hour. As a hygenic adjunct to the Viavi system of treatment it is of great service in restoring lost reactive powers and alleviating suffering. Thorough applications of the Viavi cerate over the same region should follow, and for not less than thirty minutes.

Cold Compress on Liver with Hot-Water Bag at Back. Just before retiring, and after undressing, put on a warm flannel night gown. Spread a blanket on the bed in such a way as to have it hang over the edge to the floor. Lie across the bed, with the feet hanging over the side so that they may be placed in a bucket of hot water. Place pillows under the shoulders and head, and fold the blanket over the body and legs, enveloping the bucket with it. The water should be kept hot by renewing it. The hot-water bag should be placed under the small of the back. Cloths or towels wrung out of cold water should then be laid over the region of the liver (see elsewhere outline showing the regions of the organs), changing them every five or seven minutes, as they become warm. This should be kept up for fully an hour. If the feet are tender, salt should be used in the water, the feet withdrawn in twenty minutes, and a pair of woolen stockings drawn on to retain the heat. After removing the compresses, dry the body and rub the Viavi cerate thoroughly in for not less than thirty minutes.

Wet Towel Compress on Liver. An easy method of applying a cold application upon a torpid liver is to wet a long roller towel in cold water, wring it fairly dry, wrap it two or three times around the body just above the hips and below the arms, then cover the towel with warm woolen material. Allow the towel to remain all night. In the morning wipe the body thoroughly dry. In this case the application of the Viavi cerate is to be made before the towel is placed about the body.

HYGIENE FOR ULCERS.

An ulcer or open sore should be cleansed with warm water in which have been placed five drops of carbolic acid to the quart. The acid should be thoroughly mixed with the water. The water should play upon the ulcer from the rectal tube of a fountain syringe, which should be hung only moderately high, so that the stream of water will have but little force. When the ulcer is thoroughly cleansed it should be dried with a piece of absorbent cotton. Apply the Viavi cerate to the ulcer as follows: Prepare some mutton tallow by boiling it and then stirring it until cold. Spread some of this soft tallow on a piece of linen, and over this tallow spread a thin layer of the cerate. The tallow will prevent the cerate from being absorbed by the linen. Apply the side with the cerate upon it to the raw surface. If there be fissures or

cracks the Viavi liquid, diluted one-half with water, may be sprayed upon the open sore with an atomizer very effectually. The surface of the ulcer should be entirely covered with the liquid, after which the linen containing the cerate and tallow may be applied over the raw surface, the cerate surface next the sore. A layer of absorbent cotton or several layers of clean, soft, white, old linen may be placed over the ulcer and held in place by moderately tight bandages, so as completely to protect it.

Tampon for Prolapsus. Procure at a drug store or a chemist's some absorbent wool and absorbent cotton. Make a roll of the wool about twice the size of the thumb, or larger if necessary, and around this roll a layer of the absorbent cotton. Cut the roll thus made into three-inch lengths and tie a cotton string tightly about the center of each piece. This will form a light, fluffy tampon, which may be inserted in the vagina for temporary support in prolapsus. Empty the contents of six Viavi capsules into half a cup of olive oil. Mix thoroughly. Saturate one of the tampons in this mixture, and after taking a morning vaginal douche, assume the knee-chest position (which see), and while in this position insert the saturated tampon in the vagina. This will form a temporary support for the womb during the day, and at the same time the muscles and ligaments will absorb the treatment and gradually become stronger. Two injections should be taken daily, one before inserting the tampon, and one after withdrawing it, just before retiring. Then a Viavi capsule should be inserted.

Position for Anteversion. Spread a quilt on the floor. Then lie on the back, placing one or two pillows, one on top of the other, under the buttocks, and the feet on a low stool or the lower rounds of a chair; or lie upon a lounge, putting the feet over the head of it and placing several pillows under the buttocks. This will have a tendency to throw the womb backward to its proper position, and Viavi will strengthen the ligaments and muscles so that in time it will remain there.

Knee-Chest Position. (When there is pressure in the rectum.) At night, after getting into bed, or better, upon a hard, firm lounge or on the floor, assume the knee-chest position as follows: Get upon the knees, resting the chest upon the bed in such a way as to get the hips as high as possible and the chest as low as possible. Then separate the walls of the vagina with the fingers to admit the air, and the weight of the uterus will cause it to drop back to a more natural position. Lie down and do not get upon the feet again till morning unless it is absolutely necessary.

Position for Prolapsus. Spread a quilt upon the floor. Then lie upon the back, placing two or three pillows, one on top of the other, under the buttocks, with the feet upon a low stool; or lie upon the lounge, putting the

feet over the head of it, and placing several pillows under the buttocks. While in this position, with the middle finger of the right hand gently push the womb upward into position, and in this way give the suspensory muscles temporary relief, as well as the surrounding tissues and organs.

HYGIENE FOR BREASTS.

First Stage: *Hot Treatment for Lump in the Breast.* Fasten a towel about the neck in the manner that a bib is fastened about a child's neck for protection while eating. Slip it to the side so that it shall cover the affected breast. In the lap and under the breast place a vessel sufficiently large to hold the amount of water to be used. From the tube of a fountain syringe allow water as hot as can be borne to play slowly upon the towel, which will cling to the breast as soon as wet and closely hold to it the moist heat. At the same time very gently press the breast with the hand, which should be cupped, not flat. After the water in the syringe has been exhausted the breast should be dried and thoroughly rubbed with the Viavi cerate for ten minutes; then the entire operation should be repeated once. The gentle pressure stimulates vital action in the whole substance of the breast. This treatment is to be employed twice daily until the breast has become normal.

Second Stage: *Cold Treatment for Incipient Cancer of the Breast.* When the lumps have been present and the skin is discolored, but not broken, it has become necessary to apply the cold treatment. In doing so the most rigid following of the rules herein laid down becomes a positive necessity. No half-hearted, careless, slipshod method of following the hygienic advice for cancer of the breast will be productive of good results; hence we wish patrons so suffering either to follow advice just as directed or not to employ the Viavi system of treatment at all. The patron should lie upon the bed, with a hot-water bag at the back, between the shoulders. An attendant should sit at the side of the bed wringing one towel after another from ice cold water and placing it upon the breast, the patron being meanwhile closely covered with blankets from neck to foot. The towel should be folded to four thicknesses and gently laid upon the swollen breast and inflamed parts. In three or four minutes, as the towel becomes warm, it should be replaced with a cold one. The cold towel should be slipped under the hot one in a way that will not expose the breast and so cause a chill. This renewing of the cold towels should be kept up an hour; then the breast should be sponged with a little warm vinegar and water and a thorough application of the Viavi cerate made, remembering always that it will be from the quantity of the Viavi cerate absorbed that beneficial results will be obtained, and not from the quantity applied. This cold treatment may be given twice a day, until the swelling has been reduced and the breast made capable of extensive absorption, when the

cold compresses may be discontinued and the hot treatment employed if it feels grateful and does not cause pain. If the hot treatment causes pain, however, it should be discontinued at once and the cold treatment continued until the hot one can be employed with good results—when it soothes and comforts.

We do not claim that the Viavi system of treatment assists Nature to cure cancer, but many cases so diagnosed have been cured. We know that breast troubles are frequently sympathetic with uterine troubles, and that by treating both together good results may be secured, even if the cancer may not be entirely cured.

Third Stage: For Cancer of the Breast, Open Sore. The disease has now progressed until the tissues have broken down extensively. The surface is raw and cracked and the breast may have deep fissures in it. Have a stream of cold water from a fountain syringe play upon the breast, taking care to hang the syringe low, so that the stream will have but little force. A vessel sufficiently large to catch the water should be placed under the breast. Ice-cold water may be used if it does not cause a shock to the system and where it proves grateful to the diseased and heated parts. About five drops of carbolic acid should be added to each quart of water used. When the raw surfaces are thoroughly cleansed by the flow of water, dry the breast with a piece of absorbent cotton. Apply the Viavi cerate as follows: Prepare some mutton tallow by boiling it and stirring until cold. Spread some of this soft tallow on a piece of linen and over the tallow spread a layer of the cerate. The tallow will prevent the cerate from being absorbed by the linen. Apply the side with the cerate upon it to the raw surfaces. Where the fissures or cracks are deep the Viavi liquid should be diluted one-half with water and sprayed upon the parts thoroughly with an atomizer. The surface should be entirely covered with the liquid spray, after which the linen containing the tallow and cerate should be placed over the raw surface, the cerate next to the body. A layer of absorbent cotton or several layers of old, soft, clean, white linen should be placed over the breast so as completely to protect it.

When parts of the diseased tissue loosen, they should not be touched under any circumstances, but left alone, to fall off unassisted, as manual or surgical interference only aggravates this condition. We have repeatedly observed that when loosened pieces were picked or clipped off there was a stimulation of the growth. Nature emphatically objects to violent interference in these diseased conditions. The gentle flow of water will be sufficient to wash away the loosened particles and impurities. This treatment should be employed twice a day, until a decided improvement is noticeable; then once a day will be sufficient.

CHAPTER LXXV.

FROM THOSE WHO KNOW.

THE following testimonials from those who have demonstrated to their own satisfaction the value of the Viavi system of treatment are not by any means selected with a view to cover the whole extent of the world's territory in which the treatment is used, nor to include the whole range of diseases in which the triumphs of Viavi are daily won. Testimonials covering both these grounds have been given by thousands, but their publication in book form would require the printing of a library.

Those here selected give merely a glimpse of the range of Viavi's usefulness, but so far as they go they are typical, showing clearly the astonishing results secured in cases otherwise wholly beyond the reach of curative measures. As to time required to cure, so much depends upon the temperament, habits, surroundings, the recuperative power and vitality of the patron, that it is not possible to tell. Some desperate cases yield more readily than others seemingly trivial. Viavi is accomplishing some of its best work in assisting Nature to forestall the development of dangerous conditions and curing many cases that have been considered incurable.

The Intelligence Discovered

An interesting feature of these letters is the evidence that they show of the wise understanding that the writers have acquired under the influence of the educational feature of the Viavi movement. It is highly gratifying that the women who come under the Viavi system of treatment respond so readily to that feature, and by their acquired intelligence with regard to themselves and their diseases show their firmer grasp upon the serious problems of their lives. The knowledge that they have thus acquired is of inestimable value not alone to them, but to all who come within the range of their influence.

In addition to this, the human quality shown in the letters is particularly striking. The profound gratitude therein exhibited represents a moral force for the uplifting of the race that no earthly power can measure. Every woman brought from wretchedness to happiness by means of the Viavi system of treatment is a self-constituted missionary working to spread a knowledge of the good that has come into her life, that others may secure like blessings.

All of these letters, and many thousands more, not here published, were given out of that inexpressibly beautiful and distinctively womanly impulse to do good when the way is learned.

Some Errors To Be Avoided

In a few instances we have appended notes to letters relating cures effected by using the Viavi system of treatment in what may be termed an irregular way. This brings up an exceedingly interesting fact. A woman will have learned the value of the treatment by being cured of some ailment. Likely she will have some of the forms of Viavi on hand, and will use them for diseases among the members of her family, without reflecting—indeed, without knowing, perhaps—that there are special and far better forms of the Viavi for those diseases. Far better results would have been secured had the Hygienic Department of the most convenient Viavi office been written to and advice (for which there is no charge) received with regard to the best manner of treating those diseases. Money and time would be saved should such a course be followed. For every disease for which there is a form of the Viavi system of treatment, that particular treatment is best and produces the best results in the most economical manner. In all cases it is best to follow the rules governing the treatment of any disease, and where there is the slightest doubt, the Hygienic Department should be appealed to. Its address may always be found in the books of directions accompanying the various forms of Viavi, as it is a department of the company whose address is there given; or any Viavi representative will furnish it.

Securing Other Testimonials

Those wishing to see testimonials from persons in their vicinity, for the purpose of visiting them or writing to them, may easily procure them in one of the following ways: by asking the local office or representative for them, or by writing to or calling upon the nearest Viavi manager, or by applying by letter or in person to the company whose address appears upon the books of instructions accompanying the various forms of Viavi. In writing to those who have given testimony it should be borne in mind that they likely have many other such appeals, and that postage stamps sometimes become a serious matter. Therefore a postage stamp should always be enclosed for a reply.

The Details of Correspondence

It should be borne in mind that letter-writing, particularly to strangers, is burdensome to most persons, and that many delay or wholly neglect to answer letters from even their nearest friends and relations. If a prompt reply should not be received to a letter of inquiry addressed to the writer of a testimonial, this almost universal practice of delaying may be the cause.

It often happens, also, that the person written to has left the place of

former residence and been lost sight of by the local postal authorities. In order to avoid disappointment on that account it is advisable in all cases that a return request be made, by writing the name and address on the upper left hand corner of the envelope, with a request that the letter be returned in five or ten days if not delivered in that time. Its return will be evidence that the testimonial-writer has gone. The nearest Viavi office should then be appealed to for a testimonial of a similar kind from some one else.

It should be borne in mind that there are likely many testimonials on the same disease. If a reply is not procurable from a writer of one of them, a response may be secured by addressing another or still another.

A Question of Suspicion

Testimonial-writing has been so abused in the past as to rouse suspicion with some regarding the trustworthiness of testimonials generally. It is for this reason that these suggestions for the verifying of Viavi testimonials are furnished. The reasons given throughout this volume for the cures effected by the Viavi system of treatment really render all testimonials superfluous, as reasonable persons of the broadest understanding will see that the remarkable spread of Viavi must have been on the basis of cures, that the philosophy of the treatment is so clear and natural that no support in the way of testimonials is necessary, and that the promoters of the Viavi movement could not afford, even were it conceivable that they had any desire, to use testimonials of a character the least questionable. Nearly all of the testimonials concerning Viavi were given without any request for them, and were the expression of the deep gratitude of those cured and of their intense desire to have other women receive the blessings that had come to them. Such testimonials have been received in numbers so great that the use of only a few of them has been possible. Hence a failure to use many of them is not due to any lack of appreciation. On the contrary, such testimonials are always gratefully received, as they are evidence of the determination of the writers to do all in their power, whether by testimonial or word of mouth, to make known the blessing that is offered afflicted women.

Some Interesting Experiences

So eager are numberless women for the relief that the Viavi system of treatment offers, and so prevalent, unfortunately, is the suspicion concerning the trustworthiness of testimonials, that embarrassing situations often arise. Here is an illustration: In a large city the wife of a merchant had been cured of a serious ailment by means of the Viavi system of treatment, and out of gratitude and a desire to do good she gave a testimonial. The result was that her home (which was over her husband's place of business) and her husband were so besieged by ladies wishing to have a verification of the testimonial as very seriously to interfere with the family affairs and the husband's business.

We are constantly receiving testimonials and, notwithstanding the gratifying results which come to us from the use of Viavi from all parts of the world, we are always glad to receive, from those who have suffered and who have become well, such testimonials as they have it in their heart to give, for we can always use them with some suffering woman where hope has been lost. We feel that a patron, knowing that her endorsement will not be printed without her express sanction, but rather used privately and by mail among those who are making inquiry concerning Viavi, knowing that she is accomplishing a world of good, will not hesitate in sending to us that which comes spontaneously from her heart as an endorsement of Viavi.

TESTIMONIALS.

Leucorrhea, Painful Menstruation, Childbirth easy

When I began using Viavi I was very much run down, as I had suffered for years with leucorrhea, painful menstruation and all attendant ills. I had treated most of the time with different physicians, some being among the best and most noted, with but little benefit.

When my first baby came my suffering was terrible, as she had to be taken with instruments. It was shortly after this that I began the use of Viavi, and was greatly benefited, being relieved of leucorrhea and painful menstruation. I was advised to continue longer for my stomach trouble.

When I became pregnant the second time I began to use Viavi again, as I had heard what excellent results were obtained from the use of it at such times. And let me say right here that I cannot too highly recommend Viavi for all pregnant women. There is simply nothing like it for relieving those bearing-down pains and cramps in the limbs, and it makes one feel so strong and well and helps to make one's labor much easier. My baby was born in just three hours after labor pains began, and I do not think I had a hard time at all. I got up from confinement well and strong, and have been able to do so much more with greater ease than in years. I would urge all suffering ones to give Viavi a thorough trial; they will never regret it. I not only give this written testimonial, but speak the praises of Viavi to my friends and to all that I can.

I shall always try to get Viavi at the time of pregnancy, for with it I shall never have the horror of that trying time.

Hoping this may be the means of helping others, I am,

Yours respectfully, Mrs. E. J. B.

Deadwood, South Dakota, Sept. 13, 1897. 487-S. D.

Asthma, Hay Fever, Catarrh

It is with the greatest pleasure that I give my testimonial concerning the wonderful results of using Viavi. I have been a sufferer for eight years. It seems to me that I had everything that was bad. I had begun to think, as did all my friends, that I should never be well again, my worst troubles being asthma, hay fever and catarrh. I have been told many times by doctors that there was no cure for asthma, but I am pleased to say that through the use of Viavi my health is better than it has been for many years. I have not been troubled with asthma for nearly two years, and my health is better in every respect. I cannot find words to express my gratitude for such a grand agency, but I would say to all who use Viavi, do not expect to be cured quickly, for if you do you may be disappointed, whereas if you make up your mind to use the Viavi system of treatment as long as you need it and let Nature take its course, you are likely to have a happy surprise. I could write a great deal more and then not tell half of what it has done for me, but I think this is sufficient. I shall be pleased to correspond or talk with any one concerning Viavi. I would recommend it to all sufferers. Wishing you continued success,

I am, respectfully, Mrs. W. O. A.

Nephi, Utah, Sept. 18, 1897. 488-Ut.

Miscarriage Abcess.

I want to tell you what Viavi has done for me. Twenty-three years ago I had a miscarriage, caused by an injury. Since that time abscesses have formed in the womb once or twice a year, and at such times I was very sick; in fact, my life was despaired of. For months at a time I could not feed myself. I have been treated by different doctors, and would receive some present relief, but no permanent good. As I was growing worse all the time I began the use of Viavi the 7th day of May, 1897. I can tell you that I am better now than I have been for twenty-three years. I can walk from three to six miles and don't begin to think I am sixty-six years old or ever had been sick. I am as proud of what Viavi has done for me as anyone can possibly be, and I do not hesitate to recommend it to anyone. I can do everything I want to do; but I used the treatment just as I was directed to, knowing that if one is going to use Viavi, it does not pay to do it half.

Please publish this testimonial, as I want to help others to the blessed cure, Viavi. May God bless the men that make it and the ladies that sell it. Every one wishing to know more can call on or address me.

Mrs. L. E. C.

Emporia, Kan., Dec. 23, 1897. 502-C. V.

Prolapsus, Ulceration from Pessary

I have been a great sufferer from prolapsus for the past fifteen years. The doctors did not think I could recover. I have worn a pessary for the past ten years, and this also was a cause of ulceration, which gave me great suffering. I decided to try Viavi. The first month I thought I was no better, and thought I would give up the treatment, but was told not to do so, and that I must dispense with my pessary. Well, I am now on my third supply, and if it were five times the price, I would cheerfully pay that for it, if I could not get it for less. The womb is in position; I eat and sleep well; and am better in health than I have been for years. I will tell every lady that I know, of it, that they may tell it to their friends. Am so thankful to your representative for insisting upon my using it when I was going to give it up. Send any lady to me you like for information.

MRS. A. T.

Denver, Col., Mar. 18, 1891. 181-Col.

This is to certify that Viavi is all that it is represented to be, a permanent cure for female diseases, as I used it eight years ago with the above result, and have never felt a return of the disease since.

Yours respectfully, MRS. A. T.

Jan. 10, 1898.

Catarrh of Stomach

I assure you I most heartily and gladly endorse and recommend the Viavi tablettes. I have used the treatment for catarrh of the stomach, and am now stouter and better than I have been for years. The result of the treatment in my case has surpassed my most sanguine expectations, and I would willingly endorse the strongest statement which could be written in favor of the treatment.

I am, yours very truly, W. W. W.

Rome, Ga., Nov. 21, 1896. 438-E. V.

Dyspepsia, Ulceration, Tumor, Sore Eyes

I bless the day when you spoke of Viavi. My daughter was ailing for five years with acute dyspepsia, caused by an ulcerated stomach. The result was hemorrhage. We thought she was dying; she rallied, but symptoms of the complaint returned again and again.

After using the Viavi system of treatment she was a different creature. We consider her entirely cured.

We applied the cerate to a blind tumor on my son's neck and it removed it entirely, leaving no mark behind. He also used the treatment for sore eyes,

with wonderful curative effect. It is a wonderful cure and no household should be without it, for wherever there is inflammation, it will subdue it. You are welcome to make public these words of praise in behalf of Viavi, and I am willing to answer any letters that may come to me making further inquiries. Yours sincerely, E. H.

Johannesburg, South Africa, March 28, 1896. 381-S. A.

Painful Menstruation

This is to certify that I suffered with painful menstruation ever since I became a woman. I was married ten years before I commenced using Viavi, having had delicate health during all that time, and never weighing over ninety-two pounds. I was treated for six years by different physicians, without relief. After beginning the use of Viavi I was benefited, and before finishing my first course became pregnant. I had a very easy confinement. My baby boy weighed eight pounds. I got up without any drawback, and now weigh one hundred and twenty-five pounds. My friends sometimes do not recognize me—I am so much improved. My baby is now nineteen months old. Mrs. J. H.

Spokane, Wash., Sept. 3, 1897. 478-Wash.

Inflammation of Womb

I take pleasure in recommending Viavi to those who are afflicted with inflammation of the womb. I had suffered for some time and did not get any relief until four years ago. Seeing that Viavi was so extensively used and the many testimonials from different ones, I concluded that I would try it, which I have never regretted, as I am perfectly cured. Mrs. D. A. A.

Milton, Ore., April 15, 1897. 454-Or.

Prolapsus, Ovarian Trouble, Ulceration Operation Advised

I was in bed most of the time for five years; for three years scarcely out at all. I treated with five physicians; spent all the money we had and more; ulceration of the womb, prolapsus and ovarian trouble. I was weak and emaciated to the last degree, having the womb burned and scraped, paying twenty dollars a treatment. I was finally told that I must go to Galveston and have the womb and right ovary removed. I also flooded all the time nearly to death. I began using Viavi capsules and cerate. I could not stand without help. I have been well ever since. This was in June, 1893. My baby was three years old and I had never been able to lift her from the floor since her birth. Mrs. M. J. G.

Orange, Texas, Sept. 20, 1896. 456-Tex.

Dropsy, Tumors, Hemorrhages, Given up to Die

I make this statement especially to those who have suffered with growths of the womb and have abandoned hope. For seven years I had hemorrhages of the womb, so profuse at times that twelve large bath towels were required for a day. Physicians tried everything known to their profession to stop the bleeding, keeping the vagina packed with ice and alum, having my feet elevated above my head, etc., etc., but to no avail; nothing would stop the flow. I have had hemorrhages eighteen months, flowing profusely all the time without an hour's cessation. I was dropsical at times, my face puffing up so that my eyes were nearly closed.

In all I had four operations performed and seven tumors removed. After each operation they grew in again, and every operation weakened me dreadfully. If I had not had a constitution of iron I certainly should have succumbed long before the fourth time I submitted to the knife. After an operation I would have no flow at all for two or three months; then I would be taken suddenly with profuse hemorrhages, and I would remain in that condition until another operation. One physician said the growth was a spongy tumor, another said it was scirrus, or hard cancer, and several told me that there was no hope but to have a capital operation (which means removal of womb and ovaries). I had no faith in operations.

I had given up to die when Viavi was recommended to me by a friend. I pooh-poohed the idea and said after so many specialists had failed that your Viavi would do no good. I had suffered until I was a mere ghost of my former self. But one day, feeling better than I had for days, a friend took me to the Viavi headquarters. When I told Dr. Law of my condition he would give me no encouragement, but added that if anything would help me Viavi would. I concluded to try it and did exactly as the little book directed, and for the next six weeks grew steadily worse, taking to my bed immediately. At the end of six weeks I began to suffer with cramps, chills and fever and intense burning of the hands and feet, and one morning I decided to use no more of the Viavi, as I thought it was hastening my death. But the very day I decided to give it up a growth was expelled. It was covered with little white roots about one and one-half inches long. The growth itself when straightened out was six or seven inches long.

A new hope came to me. I continued the treatment, and in three days' time the hemorrhage ceased. At the next period I flowed about twelve days, the next about a week and the next was perfectly natural. I am now (at one time what I never expected to be) a healthy woman, weighing 176 pounds. It was during May, 1895, that the growth was expelled (over two years ago). I have had no return of the trouble, so you can know as well as I than the cure is permanent.

MRS. M. W.

San Francisco, Aug. 21, 1897. 503-Cal.

Ovarian Tumor, Leucorrhea, Neuralgia, Dyspepsia, Castration Advised

I have thought for some time that I would add my testimonial in favor of the Viavi system of treatment—it has done so much for me. I had been a sufferer over twenty years; had been under treatment the most of the time. I have been treated by skilled physicians of Philadelphia, who pronounced my case incurable without an operation; said I had an ovarian tumor four inches in diameter, and that I should have to have my ovaries removed before I could get well, and that I would not live but a few months at the farthest without the operation. I did not have it done, as I did not believe in the knife. I knew I had something in my abdomen, and feared it was cancer—I had so much pain in the lower part of my abdomen and left side, and had severe hemorrhages every few weeks; had neuralgia in my head a great deal, heart trouble, severe palpitations, poor digestion, leucorrhea very badly all the time.

I could not get any encouragement from the doctors around here. They told me I was passing through the change, and that I should get better after it was over. One doctor told me if I were to snuff a drug store I should not get well. I became very much discouraged and thought I should have to die.

One day I got a letter from my husband's cousin, telling me of Viavi and advising me to try it. I did try it, and I thank God I ever heard of it. It has been my salvation. It has cured my hemorrhages and leucorrhea. I have no neuralgia now unless I do some very imprudent thing. It has built me up, given me strength and new life. In fact, I cannot say too much for Viavi, and I want every sick woman to try it. I should be more than glad to correspond with any lady who wishes to ask me anything concerning myself or the treatment.

Mrs. E. N.

Wyoming, Del., Aug. 28, 1897. 1282-E. V.

Ovarian Troubles, Irregular Menstruation

After using the Viavi system of treatment, I feel like a different person. I had got so used to pain and weakness that I supposed I could not live without them. I had such dreadful weakness and backache; sharp pains, like knives, in the region of the ovaries; lame hip, the lameness extending clear to the knee; irregular menses, and so lumpy and stringy, with such a bad smell; also a burning headache, the hot place being about the size of a dollar, right on top of my head. I had a sore place in my right lung, too, that was dreadful; sometimes I could not lie on that side at all, or scarcely breathe, even. Now that is all gone; so are the other pains and difficulties. My friends say I look five years younger than I did a year ago. I cannot say enough in favor of Viavi. I wish every suffering woman would heed its call.

Yours in gratitude, Mrs. O. E. R.

Norton, Kansas, Feb. 26, 1897. 459-C. V.

Anteversion, Abscesses, Hemorrhages

I wore a supporter fourteen years for anteversion of the womb, which caused so much irritation that great abscesses were formed. Inflammation had extended into the bladder, causing extreme torture, and in addition to this I suffered with hemorrhages for years, and now, since I know what Viavi has done, I regret the great amount of money spent uselessly on physicians; and not only that, but the humiliation it involves.

Viavi has cured me, and any suffering woman wishing to know all particulars in my case may address me, and I will cheerfully give any information I can. MISS E. G. Z.

Baltimore, Md., Nov. 5, 1897. 1228-E. V.

A Child Delicate and Anemic

A sense of duty prompts me to tell others who have delicate children what Viavi has done for my nine-year-old daughter. From birth she was a delicate, frail child and required almost constant care. Three years ago a severe attack of diphtheria left her with anemia, and the Johns Hopkins physicians pronounced the case one of general weakness and probable decline. At this stage, when all thought we should lose our child, we began to give her Viavi capsules internally. It was only a short time until new strength seemed given her, and our delicate daughter, who was almost devoid of ambition, began to play again. She has bloomed out wonderfully by its use, and is now well and strong.

Full particulars will be given any mother who wishes to address,

Baltimore, Md., November 19, 1897. (1228-E. V.) MRS. C. M. S.

[It is astonishing to note the good effects secured from the use of Viavi, even in an irregular way, as is shown in the letter from Mrs. C. M. S. In all such cases, however, much quicker and better results are obtainable by using the treatment in the regular way. For instance, had Mrs. S. sought the advice of the Hygienic Department of the nearest Viavi office (which she might have done without incurring any expense), she would have been advised to give her daughter a thorough rubbing with the Viavi cerate every night, over the entire body, particularly the spine, and to give her in addition five drops of the Viavi liquid in water three times a day about twenty minutes before meals. Certain hygienic aids in the way of baths suited to the case would have been advised also, to secure a nervous reaction and a better circulation. The Viavi principle contained in the capsules did the work accomplished in this case, under obvious serious disadvantages; but the capsules are specially intended for use in the vagina only, and under certain circumstances in the rectum. It is always best to employ for any condition the special Viavi treatment for it.—EDITOR.]

Prolapsus, Dropsy

It gives me great pleasure to tell you how much benefit I have derived from the use of Viavi. I had suffered for a number of years with prolapsus, it being so bad that the womb protruded from the body, and was so large that I could not get it back for some time. I had dropsy also. I could hardly sit or stand. A friend brought me one of your books, and I am thankful for the first time I saw it, for I went to Wichita and bought Viavi both for myself and daughter, who was suffering with painful menstruation. We have both been using it for some time and are well. My daughter has gained in flesh. I was seventy-one last Christmas.

I send you this testimonial of my gratitude, hoping that it may be the means of inducing some poor suffering woman to use Viavi, and be cured as I have been. Any one wishing to know more of what Viavi has done for me may find out by calling at my home or writing me.

MRS. M. J. B.

Paterson, Kansas, February 3, 1897. 460-C.V.

Female Trouble, Ovarian Inflammation, Gall Stones, Castration Advised

This is to certify that I have been sick for over a year, and was confined to my own room and bed for eight months with female trouble, ovarian inflammation and gall stones. I employed four of the best physicians in Bristol, and no tongue can tell how I suffered. I was as yellow as gold, even to the white of my eyes. The pain I suffered was so intense that I had to be kept under the influence of morphine constantly for over a month. Words are inadequate to describe the intense agony I suffered. My family physician, who is as skillful as any doctor, said I could not be relieved without an operation, and my husband, being anxious to have me get well, wanted me to have a celebrated doctor from Cincinnati to remove my ovaries, but I would never give my consent. I then heard of this grand cure and procured it from a Viavi worker.

I shall never be able to tell you the relief the Viavi has given me. I weighed but ninety pounds when sick; now I weigh one hundred and thirty. The female trouble is all gone, the ovaries are relieved entirely, while numerous gall stones have passed. I thank God from the bottom of my soul that the worker brought Viavi to me, and feel that much of my relief is due to her, who was so faithful, who would come, rain or shine, whenever I desired to see her. I give this evidence simply to induce my suffering sex to give Viavi a trial, for try means help, and persistence a cure. MRS. M. M. J.

P. S.—If anyone desires to ask me questions, I will gladly answer them, for I firmly believe that instead of being spared to my husband and children, I should have died had it not been for Viavi. MRS. M. M. J.

Bristol, Tenn., Nov. 14, 1896 1232-E. V.

Inflammation of Womb, Cystic Tumor, Polypus Growths, Hemorrhages; Operation Advised

About two years ago I was taken with severe hemorrhages of the uterus, brought on by overwork and worry in caring for an invalid husband. I suffered with intense pain in the right ovary, and also with inflammation of the bladder. My abdomen became so swollen and bloated that it was hard. My family physician did his best but failed to relieve the pain, or even check the hemorrhages. This continued for five months, when I went to the Woman's Hospital in Chicago, where a consultation of eight doctors was held. They decided that there was chronic inflammation of the womb, also a cystic tumor and a polypus growth, and told me that an operation was my only salvation. This I would not submit to, and as soon as the physicians had succeeded in controlling the hemorrhages, by the use of tampons, I returned home and commenced the use of Viavi. Several of my friends had used it with great success.

In a short time I began to improve, and in the course of three weeks, just to satisfy myself I returned to the hospital for an examination, when the doctors were astonished at my progress. The womb was greatly reduced in size, and the circulation was much better. They told me that if I continued to improve I need not undergo the operation, and that in a short time I could undertake a trip to Canada, whither my husband was desirous of going. I continued the use of the capsules and cerate, and I found myself restored to perfect health. Considering the way I had to work with a sick husband and large family, it seems almost miraculous that I was ever cured at all. I cannot say enough to express my gratitude for my complete restoration to health, and feel that I owe my life to the Viavi system of treatment.

I shall be glad to answer any inquiries in regard to what Viavi has accomplished in my case, if by so doing I may be the means of assuring any suffering woman who is still in doubt as to the merits of the Viavi treatment. I believe Viavi will do more than is claimed for it; yes, and in my case a thousand times more. Gratefully yours, MRS. E. B.

Montreal, Canada, Nov. 19, 1894. 142-Can.

Leucorrhea, Inflammation of Womb, Tumors of Ovaries and Stomach

Let me state truths of what Viavi has done for me. In 1868 my mother and sister fell from a buggy. It caused them to be helpless for months, and the doctor we employed chose me to nurse them, as he often did in the cases of others that were in a dangerous condition. In this manner, by lifting my patients and overdoing in many ways, I was soon in quite a bad state of health myself. It brought on leucorrhea, with, of course, inflammation of the uterus. I married while in this condition and had several children

in close succession. Of course, I kept growing worse. I often longed for death, which would have been a welcome release. After the birth of my last child I had milk leg, which caused life to be continual torture, and I feel that words cannot express the many months of inexpressible anguish I endured. About a year ago I decided to try Viavi. I began with no faith whatever that it could do anything for me, but only at the earnest wish of my friends. Gradually but surely it did its work. The inflammation was subdued and the poisonous secretions in my system were driven out. I passed an ovarian tumor that I was not conscious of having. Another tumor was later passed from my bowels, which I believe came from the stomach, for from that time it was all right. It was so large that in passing it hurt the rectum, causing an abscess to form.

Viavi was truly a God-send, and I shall ever be thankful to Him for sending it to me. I am now for the first time in twenty years free from suffering. Now I can eat anything and am gaining every day. But remember, friends who read this, it has only been done through constant, persevering use of Viavi, and I beg of you who are suffering, to keep it up faithfully as I did, and it must and will entirely cure you as it has me.

Yours ever for Viavi, MRS. M. F.

Montague, Mich., Dec. 15, 1896.

Non-Development, Vicarious Menstruation

This has indeed been a happy Christmas in our family. My daughter, who is nearly eighteen, menstruated easily and naturally yesterday for the first time in her life. You remember that her case was undertaken last June, almost without hope from you. At that time Lucy had not developed into womanhood. Every few weeks she would have spells of bleeding at the nose and gums, until she would become so weak and exhausted she could not sit up for days. She coughed nearly all night long, and the physician told us she was going into consumption. When she commenced using the Viavi system of treatment she weighed but seventy-two pounds. Her improvement since then has indeed been marvelous, as she now weighs one hundred and one pounds and looks like another girl. I bless God every day for Viavi, which has been the means of saving my daughter's life.

Gratefully yours, MRS. C.

Cincinnati, Ohio, December 25, 1894.

It may be of interest to some of your patrons to know that Lucy has continued to menstruate regularly and naturally since December, and is in excellent health. Is it any wonder my heart is filled with gratitude for what Viavi has done for her?

MRS. C.

Cincinnati, May 10, 1895.

[1]"Information received in May, 1905, says the daughter has been *entirely* well during all these years; has never had any pain in her lungs, men-

struation has been regular and without pain. Her weight has increased to 140 pounds.—EDITOR.]

The Cure Is Permanent

On January 5, 1894, I gave a statement of my case and my experience with the Viavi treatment, for publication. A great many have wanted to know if I am still well and if I continue to recommend Viavi. In order that all may know that both of these are true, I send you this statement, that you may publish it. I will not enter into the details of my suffering, for you already have a feeble statement of them in my testimonial. I will just state that after using Viavi for one year I was relieved of all my pains and built up in strength as I never expected to be. Viavi has been a Godsend to me and has made a new woman out of me. Before using it I could not walk a square, but now I walk as far as I wish without fatigue; I saddle my horse and ride for miles; am free from pains; and can say that Viavi cured me. Not only has it cured me, but also many of my friends to whom I have recommended it, and I know that no woman needs to suffer who will use it faithfully and persistently. If any woman wants to know about Viavi, let her write me and I will tell her what it has done for me.

Yours sincerely, E. McK.

Steubenville, Ohio, Dec. 3, 1897. 1227-E. V.

Miscarriages, Easy Delivery

I had weakness of the uterus of such nature that I had miscarriages every time I became pregnant. I placed myself under the Viavi system of treatment and was cured. I became pregnant again, and now have a fine baby boy. I had a very easy delivery, got up quickly and very well, and can now say I was never so well in my life. I hope this letter may induce some weak woman to try Viavi—truly the mother's friend.

MRS. A. S.

Vesper, Wood County., Wis. 33-E. V.

Nervous Exhaustion and Paralysis in a Man

Realizing how serious was my condition, I deem it a duty I owe to humanity to let others suffering as I was know of the benefit I derived from the Viavi system of treatment. I had been suffering for many years with a complication of diseases, paralysis being the most prominent, and had been under several doctors, one of whom said it was imperative for me to give up all business for twelve months. Another doctor told my eldest son that he regarded my condition as being so serious that he warned him and his family to exercise all possible care and be prepared for any future development. The loss of nerve power was so seriously regarded that it was feared the brain would soon become affected; dangerous symptoms had already been noticed by the doctor.

On the day I became a Viavi patron I was examined by a highly qualified doctor, who agreed with former medical men's opinions and stated to my wife that he did not think I could live one month, possibly would not reach home that day, as paralysis was not a "hair's breadth from the brain." Little hope was given of my recovery by anyone, but my family, having had some experience with the Viavi system of treatment, felt anxious that I should give it a trial, and we took Viavi upon our own responsibility.

I having now been a patron just over eighteen months, we are all more thankful than we can express for the splendid results obtained, which are beyond what the most sanguine of us had expected. It has undoubtedly added years to my life, and enabled me to conduct and superintend my own affairs, which involve me in much care and responsibility.

I should be most pleased for you to make use of this, with the view of my experience being helpful in bringing relief to other sufferers.

I should be glad to answer any questions, personally or by letter, from anyone whom you may refer to me.

Thanking you for your kindly interest in my case, I remain,

Most gratefully yours, (Mr.) T. J.

Clapham, England, July 7, 1898.

Rheumatism, Neuralgia, Fibroid Tumor, Liver and Ovarian Trouble

I have been a great sufferer for over twelve years. For nearly three years I was treated for rheumatism, neuralgia, liver troubles, etc. About nine years ago I was told by my physician that I had ovarian trouble. That year I was confined to my bed most of the time. God only knows what I suffered. My friends thought I never should get up. I believe that if I had not had one of the best physicians I ever knew and the best of care by my husband and friends, I never should. Since then I have been most of the time under a physician's care, yet it seemed that I could not get well. I was never free from pain; at times it was so great that I had to be kept under the influence of morphine. Last year I suffered very much with pain around the heart, twice the left breast being so badly swollen that I could not bear the weight of my clothing. I had almost given up all hope of ever being any better.

On the first day of January I learned of the wonderful treatment, Viavi. I thought I would try it, hoping for a cure, but will say that my faith was not very strong, as I had tried so long and so many things. Under the treatment my improvement was rapid. I feel like a well woman, can do what I please, walk where I please, and come home without pain. I feel that I cannot say enough for an agency that has done so much for me. I wish every suffering woman would use it. Anyone wishing to ask me any questions, I shall be

glad to answer. It will take too long to tell all I have suffered and how thankful I am that I used Viavi. MRS. J. M. D.

Huntsville, Mo., July 23, 1892.

LATER.

When writing of my experience with Viavi in '92 I felt somewhat timid as to narrating all my ills, and therefore refrained from stating that I had also been afflicted with fibroid tumor, which was entirely absorbed, and all my other ailments completely cured by using Viavi faithfully and persistently.

The old troubles have never returned and to-day the uterine organs are in so healthy a condition that I am scarcely aware of their existence. Viavi cured me permanently, effectually. MRS. J. M. D.

Clarence, Mo., January 31, 1896.

Was Called a Cancer

Three years ago something appeared on my breast about the size of a pinhead, at first looking very much like a mole, but eventually developing and increasing in size, until a year ago it had become as large as my finger, with sharp, darting pains, as if a needle were being thrust through it. Five months ago I began using Viavi, applying the cerate continually to the cancerous affection; now it is wholly absorbed, and to-day there is not the slightest trace of it remaining.

The Viavi system of treatment has given me a good, healthy appetite, and sound sleep at night. All praise to Viavi.

Respectfully yours, MRS. E. R.

Granby, Mo., Dec. 19, 1895. 385-C. V.

A SUBSEQUENT LETTER.

I received your letter of inquiry about my testimonial. In reply I will say that every word of it is true. Yes, Viavi did a great work for me, for I was almost in the grave when I began to use it.

Granby, Mo., Jan. 4, 1899.

Yours truly, MRS. E. R.

St. Vitus' Dance

My daughter has had nervous trouble for eight years; had St. Vitus' dance and had used many remedies, but never found anything that helped her as much as Viavi has. She has taken the capsules and cerate and is about cured—yes, *cured*. It is the wonder of everyone that knew of her trouble. Thanks to my Heavenly Father and The Viavi Company for what has been done for me and mine. MRS. W. B. S.

Santa Fe, N. M., April 6, 1896. 351-Col.

Fibroid Tumor, Painful Menstruation, Ovaritis, Indigestion, Miscarriages, etc., Castration Advised

It gives me great pleasure to add my testimonial to the already large number of those from suffering women who have been saved and who owe their lives to that God-given help, Viavi; for such it is. And how natural it is, when we feel that we are saved, to reach out a helping hand to save others!

"I have been a suffering woman for fifteen years. In fact, I have always had painful menstruation, indigestion, piles, bladder trouble and liver complaint, and have had several miscarriages—in fact, everything that woman is heir to, and from my first miscarriage had falling of the womb. At length my throat troubled me so badly I feared that if I did not get help I should have consumption. After taking treatment from a specialist for nearly a year, and my throat not yielding to the treatment, he said I must have some serious uterine trouble, and advised an examination. The result was, he told me I had a fibroid tumor of the uterus. I had excessive flooding and was obliged to keep my bed for days each month. The tumor grew larger and larger, and I grew weaker.

This was six years ago last August. I was taken very ill with flooding and a terrible pain in the uterus and ovaries. I thought I had suffered, but I had never known the meaning of pain before. I was boarding at a hotel; so I was taken to the hospital, where I could have the best care. There I was examined by several of the best physicians. They all agreed that I had a fibroid tumor, and also an ovarian tumor on either side, and said that I could never get well without an operation. That meant to remove the uterus and ovaries. I was very anxious to have this done, as I thought it would relieve my suffering. My husband would not listen nor consent to it until we had tried everything else.

I remained in the hospital six months and was no better, and at times thought I should go insane, when, through a friend, we heard of Viavi. My husband was very anxious for me to try it, and went to the Viavi office in Chicago, where they gave him some encouragement, but said that I might have to use it six months before I could see that I was being benefited, and did not want me to commence it unless I would promise to do that. I had little or no faith in it, but decided, as a last resort, to give it a thorough trial. My husband sent me a course treatment of Viavi capsules and cerate. This was one year ago the 1st of April. I used it faithfully for one year.

When I had used it three months I could see that I was better, and slowly, but surely, I improved, until I can truthfully say I am perfectly well. The tumor has disappeared; the uterus is in its natural position; I have no more flooding nor pain during my menstrual period. In fact, I have not had *a sick day* in six months The world never looked so beautiful, and the people

never were so pleasant. When I began the use of Viavi I weighed one hundred and thirteen pounds; now I weigh one hundred and forty-two pounds, and I have walked from four to five miles in a day with no bad effects, except to feel tired, but after a good night's rest would feel as good as new. I feel that as Viavi has saved my life, I might save the lives of others.

And now, my dear readers, do not think this is simply an advertisement; it is true, every word of it, and I will gladly answer all questions.

I have lived in Battle Creek twenty years, where I am well known. I spent eight months in the hospital here.

Hoping this may be the means of saving many suffering women, I am,

Yours for health, Mrs. H. P. K.

Battle Creek, Mich., Feb. 1, 1898.

LETTER FROM THE HUSBAND.

I have for some time been contemplating writing you to express my gratitude for what Viavi has done for me in effecting a complete cure of a fibroid tumor, from which my wife was a great sufferer.

We were told by leading physicians in numerous places that nothing but a surgical operation, consisting of the removal of both ovaries and uterus, would save her life. I was certain that such an operation, instead of saving her life, would cause her death, and determined not to submit to it until we had tried everything else. I had seen the deadly effects of one operation of this kind on the person of my only sister, who never fully recovered from the shock, and who died a few weeks afterward.

In the course of my investigation I learned of Viavi and decided to give it a trial. After a persistent use of Viavi for a little more than a year, my wife was a well woman. In fact, her health was, and now is, better than at any time before for twenty years. You can therefore readily see why I am so grateful to you for this greatest of all agencies, as it saved the life of my wife and made her a healthy woman.

If you can in any way use this letter, or any part of it, so as to advance the good work you are doing, you are at liberty to do so.

Battle Creek, Mich., Feb. 1, 1898. Yours truly, H. P. K.

489-E. V.

Sprained Ankle

It is a great satisfaction for me to give expression to the benefit that I have derived from the use of the Viavi cerate in the case of a severe sprain. I sprained my ankle in falling from a bicycle, and after using liniments and other remedies for nearly three months, my ankle was yet so weak that I was compelled to employ the aid of crutches in walking. I tried the Viavi cerate and can now walk without any assistance. Yours truly, S. I. C.

Lansing, Mich., Jan. 14, 1896. 336-E. V.

Delicate Body

We have been using the Viavi cerate and want to tell you how much it has done for us already. Our baby was two years old in July, but had always been so very delicate that no one thought that there was any chance for her to live. Her lungs were weak and she was constantly urinating; would pass quantities of water every five or ten minutes. Her stomach was so weak that the sight of hair combings or scraps of any kind would turn her stomach, and if she saw a piece of cotton batting it gave her a gagging sensation. She had no appetite and had not sufficient strength to stand up. This was her condition on the 25th of July, when we decided to try the Viavi cerate, and the change that it has wrought in her is wonderful. She is now commencing to walk; is geting fat and good-natured; her appetite is much improved and her stomach is no longer so easily turned. She passes much less water than she used to.

With much gratitude for what your cerate has done for us, we are,

Very truly your friends, Jos. E. AND R. J.

Mesa, Ariz., Nov., 1895. 303-Cal.

[In this case quicker and better results would have been secured by placing the child under the full Viavi treatment for such a condition. This would have consisted in the use of the Viavi liquid, five drops in water three times a day, taken into the stomach, in addition to the external use of the cerate. In all such cases it is advisable to communicate with the Hygienic Department of the nearest Viavi office, which will furnish full instructions without charge.—EDITOR.]

Dropsy of the Heart, Bone Sore

For twenty years I had been for a greater part of the time obliged to take medicine. In that time I employed the best accredited physicians; have also tried change of climate, at one time leaving my home for two years, trying to find health.

About three years ago the weakness of my body developed that dread disease, dropsy of the heart; I could not lie down at night; could not lie on the left side. My breath was so short that I was unable to walk; my feet and limbs were bloated; stomach so weak that I could not eat solid food; lived for months on milk and raw egg. I grew worse, until eighteen months ago I was obliged to give up exercise, being so weak that the exertion of going from room to room would cause such a pressure on the heart that I would fall wherever I was, and would often lie in an unconscious state for two hours, the action of the heart stopping. Blood settled under my finger nails; my lips turned purple. Blood settled in dark rings under my eyes, giving me every appearance of death, I was told. I was told by the doctor that I could expect relief only; that, I knew, must come by tapping.

I took, as a last earthly hope, the Viavi system of treatment, rubbing

the cerate faithfully on the abdomen, and over the heart, stomach and liver. After eighteen months I can say that the water is all gone; that the heart beats naturally, where it once jarred my whole body at every throb, and that my limbs are free from bloat, my appetite good; that food does not distress me, and that I can sleep on either side.

If anyone wishes to inquire further about my case, I will answer all questions. Respectfully, MRS. W. W. H.

I forgot to say that one day in the stable I stooped to pick up a brush. The pressure on my heart was so great that I lost consciousness and fell through a trapdoor into the barn cellar. I struck my leg, just below the knee, against the sharp edge of the door (no doubt with great force, as I weighed two hundred and sixty-five pounds), making a sore that could not heal. The doctor gave me different remedies, saying that it was a bone sore, but it grew worse. Then I began using Viavi cerate on it, and in four months the sore was well and has troubled me none since. W. W. H.

Laconia, N. H., January, 1896. 1205-E. V.

Laceration, Leucorrhea, Affection of Stomach, Heart, Kidneys, etc.

I feel it my bounden duty, as well as an exalted privilege, to add my testimonial to the thousands of others in the praise of the most wonderful of all agencies, Viavi. My health began to fail at the birth of my youngest child, twenty-six years ago. I was in hard labor two days and nights, and finally my child had to be taken with instruments. My womb was badly lacerated, and I was taken with childbed fever; had a violent attack; was at death's door for weeks.

Finally I recovered from the fever, but was a physical wreck. I began treating with the doctors. From the first to last I was treated by fifteen doctors. Four of them are considered as good as any in the State. I received but little benefit. My life was a burden. One would treat me for my stomach, another for my heart, another for my throat, another for my kidneys, another my womb, and another for rheumatism, and so on; and I really suppose that I had all of these troubles. Two years ago I was taken with nervous chills; sometimes had several in one day. I got so low that I had two attacks of heart failure. At that time I had two of the best doctors in the State. They patched me up so that I could drag around. Life had for me but little pleasure. I then quit all doctors and medicines, and got along about as well without them.

On the 7th day of last November a faithful worker for Viavi visited our town and delivered two lectures. I heard them both and was inspired with enough hope to make one more effort to regain my health, and I will always than God and Viavi that I made the effort. I can hardly describe my condi-

tion when I began the treatment on the 9th of November, 1895. I think that I was suffering from almost everything that a woman could suffer from while passing through the change of life. I had distressing stomach, heart, throat and lung trouble; terrible flooding spells, with untold misery in my head; such queer feelings that I could not stand without holding on to something. * * * * * Now my monthly periods are natural and painless, and I feel much improved in every respect.

Dear, suffering sisters, let me say to you, this is a Godsend to you. It will do all that it claims to do, and even more if faithfully used. But you must not expect to be cured of diseases of years' standing in a few days or weeks. It may take a year or even longer, but it will cure if you persevere. I expect to use it until I am well, if it takes two years. In speaking of my symptoms I forgot to say that I had suffered all these years with leucorrhea, and could not walk half a mile without suffering. When I had used the treatment two months I could walk three miles in a day without feeling tired.

Praying God's blessing upon all the workers in this noble cause, I remain, Your sincere friend, MRS. M. I. C.,

Wife of the Pastor of the —— Church, Salisbury, N. C.

Salisbury, N. C., Feb. 24, 1896. 1222-E. V.

Adhesion, Fallopian Tubes Inflamed, Pus-Fevers

"I took Viavi faithfully for three years, never omitting a day. Few women suffer as I did. I had pus tubes for years, pus fevers, typhoid and low malaria, so the doctors said. My Fallopian tubes were the size of my wrist and filled with live pus. During my last illness I was confined to my bed two years and five months, a complete invalid. The tubes would leak into the abdominal cavity and I would have repeated attacks of fever which would almost be fatal. Dr. J. F. W. Ross of Toronto said at a consultation, that my "insides were rotten." The bowels, tubes, ovaries and uterus were bound down by extensive adhesions into an immovable mass. I was about crazy. No one knows what I suffered. I was in a sanitarium in New York City under the best medical men in that city including Dr. Gilbert M. Wiley. The decision of all was, "The woman cannot possibly live without an operation and most likely will die under it." That was my condition when I commenced the use of Viavi. What it has done for me it certainly will do for others, if taken properly and for a sufficient length of time. I suffered years of agony and I can trace it all back to where it commenced with *just a throbbing in my ovary, constipation and the usual leucorrhoea.* I never can tell all Viavi has done for me. MRS. E. M. B.

Winnipeg, Man., Aug. 3, 1901. 6321

Man Cured of White Swelling After Years of Suffering

I hope the following brief statement may be read by others that are afflicted as I was; that they will use the Viavi system of treatment and be cured as I have been. For many years I had a white swelling or fever sore on my limb. The bone rotted or decayed, and pieces of it at different times were forced out through the sores. I had several operations, the bone scraped, chiseled and treated. It would heal up for a time, then gather and break in several places, forming running sores. For over ten years I was thus afflicted. In February, 1899, the inflammation and swelling got so bad and the pain so intense, that the doctors said that the limb would have to be cut off. A relative associated with the Viavi Company urged me to try the Viavi system of treatment before having the operation. I did so, and used the liquid and cerate faithfully. Results—my limb was entirely cured, my general health improved, and for the last four years I have worked harder than I was ever able to before in my life, and my limb at this present time is perfectly well—for which I am truly thankful.

Gratefully yours, Mr. D. G.

Provo City, Utah, Jan. 16, 1904. 645-U. V. C.

Fibroid Tumor, Flowing

I have been thinking for some time about writing you how much Viavi has done for me. It has saved my life. I commenced flowing—would flow four weeks and stop one week, sometimes two weeks. The doctor was unable to stop the flow; so he operated on me four times. Each time the flow would stop for two or three months, then return with redoubled force. I found I could stand this no longer. I spent most of my time in bed for two years. The doctor said I had a fibroid tumor. He told me I never should be able to accomplish anything again; that there was nothing he could do for me but to remove the uterus. But I could not take any more ether (I had come near dying in the last operation); so there was nothing more to do but just to make me as comfortable as possible and let Nature take its course. Some days I was faint most of the day.

After using Viavi, pieces that looked like liver commenced passing from the womb, and slowly, but surely, quarts of this discharge passed off. A small tumor with the skin all around it, and a piece five inches long, came from the Fallopian tube. When the pieces came it caused great pain. You can see the roots on the pieces, so they have come out by the roots.

I have used Viavi two years and have never been in bed from flowing since. I have not been so well for ten years as I am at the present time. Every day of my life I feel like saying, "Thank God for Viavi."

I shall never forget your kindness in coming to see me. You were the

first one that gave me a word of hope. May God bless you in your good work and may your kind words make brighter the lives of many suffering women.

I wish people would persevere in using Viavi, for it is the only agency I know of that will cure uterine troubles and it must be used just as directed. I remain, Your friend, MRS. E. J. M.

Oakland, Cal., Dec. 10, 1893. 221-Cal.

"I would like to state that I am in perfect health. I never have any more trouble or pains and have never used the Viavi system of treatment since it cured me of the fibroid tumor in the womb."

Oakland, May 23, 1905. MRS. E. J. M.

[The permanency of the Viavi cure is well illustrated in the foregoing testimonial. This is simply by reason of the fact that the causes of the abnormal conditions are removed—a task that surgery cannot perform.—EDITOR.]

Uterine Trouble, Rectal Ulcers

When I began to use your most valuable Viavi I had been an invalid for thirteen years. I have had seven children, and as they came very quickly, one after another, I suffered a great deal from uterine troubles and weaknesses. I had employed skillful physicians, and had tried different modes of treatment, but had gained only temporary relief from any of them.

I used the Viavi capsules and cerate faithfully. I also suffered from ulcers, high up in the rectum, for which I used the Viavi rectal suppositories, using double-strength suppositories the last three months. I can truly say the results were most satisfactory, for at the end of that time I was a well woman, and though it is two years since I gave up the use of Viavi, I continue so. I was afraid it would be the same with Viavi as it had been with all the other treatments—that after I had given up using it, I should go back, and soon be as bad as ever. But no; Viavi had done its work so perfectly that I have remained entirely free from my old troubles. I do most heartily recommend Viavi to all my suffering sisters.

I remain, yours gratefully. MRS. J. H.

Los Angeles, Cal., Apr. 16, 1897. 455-Cal.

Change of Life, Ovarian Tumor

For the benefit of those who are no longer young I wish to add my testimonial to the long list of Viavi cures. I am seventy-one years of age, and my trouble began at the critical period when I was forty-five. Menstruation stopped suddenly, and I had a constant throbbing, burning pain over the abdomen, which caused intense suffering, especially at night. Finally there was a lump the size of a hen's egg formed in the region

of the left ovary that was so painful that I feared a cancer. I consulted no doctors, for I had no confidence in them, and then went on suffering until I was sixty-nine years old. On hearing of the Viavi system of treatment I learned that my suffering all came from the poisonous secretion retained in the uterine organs by the sudden cessation of the menstrual flow. I took a thorough course of the Viavi system of treatment, and after using the treatment six months I menstruated quite naturally for two days. Then came a brownish discharge from the vagina, which changed to a mattery, yellowish color, and was very offensive. My friends were greatly worried, thinking it must be a cancer. The discharge lasted one year, then gradually decreased, and stopped entirely. The lump in my side and the pain had all disappeared, and I have had no symptoms whatever of their return. *I know I should not be living to-day* had I not used Viavi. I heartily recommend it to all, and consider it a wonderful cure for uterine trouble in any form.

Yours sincerely, MRS. H. A. D.

Oakland, Cal., Jan. 21, 1895. 4-Cal.

Displacements, Ovaritis, Painful Menstruation, Stomach and Bladder Troubles; Feared Insanity

I have been a great sufferer from female difficulties since the age of puberty. I had retroversion, anteversion and prolapsus of the uterus; also inflammation and congestion of my ovaries, and suffered much from inflammation of the bladder and internal piles. My stomach was in a dreadful condition all the time, and I had palpitation of the heart very frequently. My life was a perfect burden, and I lived in dread and horror of the return of my monthly period. Indeed, I feared insanity from the terrible effect upon my mind.

I tried many remedies and employed the best physicians in Nebraska and Iowa, and as a last resort went to Chicago to a hospital. The verdict, after a very thorough examination, was that I must undergo a very severe operation. This I felt I could not endure, and insisted upon taking local treatment for eighteen weeks, but only grew worse all the time, and they told me I must die. I managed to live to get home, expecting to return to the hospital as soon as I had regained strength enough to undergo the operation. No one thought I could live but a very short time.

My mother investigated Viavi and I began using it, much against my wishes, and without any faith in it whatever. When I had used it a while I could see a slight improvement, and later I was very much improved, so much so that I taught school the following fall and winter.

I improved steadily after beginning the use of Viavi two years ago, and am well now. My monthly periods are regular, and I suffer very little pain, even sleep well. I wish it were in my power to influence every suffering

woman to give Viavi a fair trial, for I know it will not only relieve and help them, but permanently cure them. My restoration is wonderful. I shall be very glad to answer all letters addressed to me.

Yours respectfully, M. M. D.

A LATER LETTER.

After two years, during which time I have worked hard and continuously, I can gladly say that I am well and know that my restoration to health by means of Viavi is permanent. Heartily yours, M. M. D.

Hip Disease, Undeveloped Limb of Young Girl

We wish to offer a word to the afflicted. Five years ago our little daughter, Fern, was attacked with hydrarthrosis, or white swelling, commonly called hip disease. She was relieved by medical treatment, but a year later, while attending school, she had another severe attack, and we called in our family physician, who treated her for some days. As she was getting worse we called another physician, who recommended appliances; but as she was already greatly exhausted from pain and was extremely nervous we could not think of doing anything that would increase these conditions. A friend wished us to try electric treatment, which we did, with good results for a time, but it lost its effect, and she again commenced to run down. We tried different kinds of liniment, which relieved her temporarily, but her system was gradually succumbing to disease.

We were persuaded to call on your representative two years ago this month, as Fern had become very frail and weak and had to be carried about like an infant. The least movement of her leg would cause her to cry out with pain. She would even cry in her sleep and as soon as she awakened in the morning. The first effect we noticed from the Viavi system of treatment was an improvement in the child's appetite and good rest at night; she would awaken in the morning bright and cheerful instead of languid and weary, and it was only a short time until she could get around quite well with one crutch; then she could go with only a cane, and in less than a year from the time we commenced the Viavi treatment she ran around without any support. She is now in school and in apparently good health. It is our firm belief that her recovery is due entirely to Viavi, as we discontinued all other treatments. We can recommend this to all who are suffering from nervous or chronic troubles, believing they will receive gratifying results from its thorough and careful application. Gratefully yours, E. and T. S. (her parents.)

Oskaloosa, Ia., April 30, 1897. C. V.

[Fern is now past twelve years of age. Before taking this treatment she had not grown for more than two years. She is now growing well, and the affected leg has developed until it has reached the normal size.]

Fistula, Tumor

I attended a course of Viavi lectures given here in November, and want to thank you for placing through your instructive way the Godsend in the form of the Viavi rectal suppositories. No one but myself ever knew what a sufferer I was, and having gone through a critical and painful operation at Indianapolis for fistula, found only temporary relief. I used to bloat fearfully and become despondent, but after using the Viavi suppositories and cerate for a few months I was relieved by something passing from my rectum resembling a chicken craw, as nearly as I could describe it. Several days after, what seemed to be strings and pieces of flesh came away, but now I consider myself a cured woman.

Will answer any letter enclosing stamp, and will explain more fully my condition, if I can help relieve by my experience any sufferer. MRS. N. E. V.

Jacksonville, Ill., May 21, 1897.

Painful Menstruation from Puberty; Spells of Unconsciousness

My mother says she is the happiest woman in Mansfield over my cure. I was a healthy girl until I was fourteen years old; then my health began to fail, and two years ago I began to have spells of unconsciousness, which grew harder and longer each month at the menstrual period. These spells became very alarming and sometimes lasted three or four hours. I failed in body and mind; had the best physicians procurable, who gave me no relief.

My mother purchased the first Viavi that was bought in Mansfield. My case became so serious, we were like a drowning man, willing to grasp at a straw. After beginning the use of Viavi I never had a real spell of unconsciousness, but the first and second month I felt bad and had a numb feeling. After two months I grew better, both in body and mind, and I consider myself well. I am now in the best of health and have been well over four months at this writing. I feel that I am permanently cured. I am now twenty years old and, after suffering for six long years, feel like urging other young girls in like condition to use Viavi. Mother and myself will ever be grateful that this great cure Viavi, was made known to us.

I will gladly answer any inquiries personally or by mail, if a stamped and addressed envelope is enclosed. I cannot say too much in praise of Viavi.

Mansfield, Penn., Nov. 28, 1896. MISS F. H.

1203-E. V.

Eczema in an Infant; an Extreme Case

When my baby was about one month old her nose seemed to be filling up and quite an eruption appeared over the eyes. For three weeks I used common remedies, thinking it only cold, but it grew worse and I called a physician, who said it was inflammation of the nose. After several weeks' treatment she was no better, the physician saying he had never seen anything like it, and could not tell what it was. She was growing rapidly worse; could not breathe through her nose at all; her head was covered with an eruption; finger nails festered and came off; feet and hands turned black, and she was a mass of eruption from the navel to the thighs. At this time we consulted another physician, who said it was a skin disease and that he would prepare a medicine for her, but her little stomach was already in such a condition she could not retain anything, not even breast milk.

At this time, when the baby was three months old, we were advised to try Viavi, which we did gladly and faithfully, and as a result have a well baby—not a blemish on her body.

Mrs. I. L.

Jamestown, N. Y., November, 1896. 418-E. V.

Ulceration of Womb, Ovarian Inflammation, Backache, Headache; Physician Advised Viavi

For seven years I was greatly troubled with cervical inflammation and ulceration of the uterus. My back would ache so badly, there was such a pain in my left ovary, and the top of my head felt so bad that I thought I should go insane before I could get any help. I took local treatment of my home doctor for years, but could get no relief excepting for a short time. I heard of Viavi and what it had done for others that I knew. I bought a supply, experiencing very little benefit from it; indeed, it caused such a relaxation and so prostrated me that I became somewhat alarmed and sent for my regular physician. I told him what I had been using, and after making an examination he advised me to keep right on with it, as it was stirring up my whole system, evidently doing for me what his medicines had failed to do, and would no doubt be of great benefit if I would be persistent in spite of the unpleasant feeling it caused. This encouraged me so much that I bought the second supply and soon got better. I kept on using it, and can truly say that I have not felt as well in fourteen years as I do now. I have not used a particle in more than a year.

Thanks to Viavi, I am well.

Very gratefully, Mrs. A. P. B.

Lima, N. Y., August 25, 1898. 30-D., E. V.

Ovarian Tumor, Hemorrhages, Fainting, Bladder Trouble, etc.

I suffered for years with ovarian tumor. My physicians said that the disease could not be reached by internal remedies, and that I could not possibly live through a surgical operation; but at my urgent request he prepared remedies for me to take and I took them as an experiment. I hoped all the time as he changed the medicine that he would finally strike something that would give me relief, though he frankly told me that while he was doing the best he knew for me, he had no hope of success, and that the only hope was that my tumor seemed to be of such slow growth that I might not live for it to reach the worst stage.

I had slowly been growing larger for twelve or fifteen years. In the years of '90 and '91 the tumor increased much more rapidly in size, producing severe hemorrhages, faintness, smotherings and colics. The pressure was so great on the nerves and blood vessels that it caused such severe swelling and pain of the lower limbs as frequently to prevent sleep in spite of all that could be done in the way of bathing and gentle rubbings to soothe them. The great pressure on the kidneys and the bladder caused me to get up from six to fifteen times each night. I could eat but little and could hardly breathe, as my stomach and lungs were oppressed by the rapidly increasing tumor, and at times the oppression was so great that I could not even swallow a mouthful of coffee. The hemorrhages became so frequent and profuse as to endanger my life. My face was very much the color of a rusty orange, with brown spots all over it. My eyes were heavy and sunken, with dark circles under them. My waist measure was forty-nine and a half inches. The tumor had for some time been increasing at the rate of an inch or more a week, and I was so helpless that I could not get up without assistance.

This was my wretched condition when Viavi was brought to my notice. I was hopeless as well as helpless, for two physicians had told me that there was no help but surgery, and that it would be impossible for me to live through a surgical operation. I felt so entirely hopeless and my sufferings were so great that I did not want to try Viavi, feeling that the effort would only be one more tax on my rapidly failing strength, and I had not one particle of faith in its helping me. My husband read the book and circulars, and was so exceedingly anxious for me to try Viavi that after much urging on his part I finally consented, merely that he might feel that everything had been done for me that could be done. I began the use of the treatment about the first of March, 1892.

My husband was closely watching the experiment, and thought he saw a little improvement in my looks. He would question me closely to know if I were feeling some better, but I was afraid to say or think so, for fear of raising false hopes.

I soon found that I did not have to get up so much at night, and I shall never forget my surprise and delight when I found I had slept the entire night through without once getting up, and felt rested and refreshed as I had not done for a long time. Then I began to think and say and feel that I should get well. I found that the tumor was really diminishing, the pain and the swelling of the limbs and the other terrible symptoms steadily decreasing. I could eat a good square meal, my color became natural, and I could take long rides and could walk about. And I, who for a long time had been unable to ascend a short flight of stairs in my own house, was able to go to a pleasure resort and descend one hundred and fifty feet to the bottom of the dell and up again without help, by taking my time to the ascent. It seemed to me almost a miracle, or as if I had awakened from a horrid nightmare.

Now thanks to Viavi, I am in comfortable health. I can go where and do what I please, either in the way of work or pleasure, with the assurance that there is not a vestige of the tumor remaining to molest or make me afraid.

MRS. JULIA F. H.
Crawfordsville, Ind., June 29, 1895. E. V.

Retroversion, Painful and Excessive Menstruation

As I always feel interested in aiding a good work, and as no one, I think, can better appreciate the inestimable benefits which Viavi can bring to suffering women than myself, I take pleasure in adding my testimonial to those of the many women who have been raised from lives of suffering and disease to strength and happiness. My trouble was a sharp retroversion of the womb and prolonged and painful menstruation. At two different times I was confined in the much-dreaded hospital and under the care of a specialist, and while I received benefits there, I was never well until I used Viavi. I feel today that I am a well woman. I cannot say too much in praise of your grand Viavi, and I trust that it may be brought to many a home to dispel the clouds of suffering.

Yours very truly, MRS. J. J.
Machias, N. Y., August 21, 1897. 1265-E. V.

Anteversion, Sickness at Stomach

It is a pleasure to me to be able to write to you of the wonderful effect of the use of Viavi. You remember probably the feeble condition in which you found me, and how almost discouraged and without faith I had become after suffering many years. At length, after being induced to try it, I noticed that the pressure on my bladder was less, and I could sometimes lie in bed throughout the entire night. I began to feel more vigorous in the mornings and had less sickness at the stomach. Formerly I could eat little but eggs and milk. If I had re-

ceived no other benefit from the use of Viavi I should consider myself blessed in the knowledge of its existence. I would take food, and it would seem as if the stomach would throw it up almost spitefully, and I grew faint and cold, and so depressed that I would think if I must spend the rest of my days like this I would rather die. Then I would think my family needed me and I would try to rise above it. Now, I have gained over thirty pounds; so I say I don't need to speak, for my appearance advertises the benefit I have received. My friends say, "You are feeling better; you show it in your face." If I were able, and knew of any suffering as I have suffered, I would willingly give Viavi to them—I have so much confidence in its virtue. I would gladly answer any letters any sufferer may address to MRS. E. A. G.

I am pleased to state that although some five years have passed since I received wonderful benefit from the use of Viavi, I am still free from the old troubles, and would recommend it to anyone suffering from uterine difficulties.

Gloucester, Mass., July 28, 1897. MRS. E. A. G.

Chronic Bleeding Piles

For twenty years I have been a great sufferer with piles. During the last five years I was constantly treated by several physicians while at a hospital in Boston. The benefit was only temporary while under the doctor's care.

Through a lady whom I met at the hospital I learned of the Viavi system of treatment and decided to give it a trial. In March, '97, I began the use of the treatment, taking a complete course. I used the Viavi rectal suppositories in connection with the cerate, and also used the Viavi capsules. The bleeding stopped entirely, but I kept right on with the treatment, for fear the trouble would return. I used the treatment faithfully, not stopping when I thought I was well, as I was fearful of a return of the suffering, and wanted to make the cure a permanent one. I consider myself to-day entirely and completely cured of the piles in their worst form, and give credit of my cure to Viavi. MRS. P. T. B.

Dorchester, Mass., July 19, 1897. 1-E. V.

Supposed Cancer, Enlargement, Displacement, Hemorrhages, Convulsions, Ovaritis

I will gladly say a good word for Viavi, as I had suffered many years with womb trouble in various forms and have been constantly under the doctor's treatment for the past fourteen years. I was told that if I could live until the change of life I might be better, but never could be well. Three times I have nearly lost my life from hemorrhage, and every month would have convulsions and flow terribly. Two years ago the flow became constant, and the doctors could check it only a few days at a time. The last physician I had, previous to our

Viavi treatment, said he thought I had cancer of the womb, and took me to a specialist, who said I had no cancer, but that the womb was of unnatural size, and had an abnormal growth on the inside; the womb also was tipped, bowed down, and badly congested and inflamed; that the ovaries also were inflamed, and that I could not be relieved without an operation. He proposed to cauterize the womb. This was the 15th day of May, 1892. The 17th of July following, the same year, I began the use of Viavi, and have had no operation nor any other treatment since. Three days after I began the use of Viavi the hemorrhage above-mentioned ceased, and afterward I became regular and now have no convulsions. At that time I could not go up or down stairs, walk nor ride any distance. I had to be carried when I desired to go, which was seldom. Now I can walk, ride and go up and down stairs when I wish to, and to Viavi only do I give the credit. MRS. J. A. J.

Andover, Conn., Sept. 8, 1897. 78,452-E. V.

Tumor Between Womb and Rectum, Bloating

I am only too glad to testify to the merits of Viavi. For eighteen years I had been unable to turn in bed, or to rise from bed in the morning without my husband's assistance. I have not been one moment without pain for the past eight years, my trouble being a false growth in the intervening tissues of the uterus and rectum. I had given up all hope; it seemed to me that my reason must soon give way. I was so badly bloated that I did not attempt to step further than my flower garden.

I have been under the Viavi treatment. During that time the remains of the blood tumor have sloughed away. The pain has entirely ceased, the bloated condition also has passed away. I take the cars to the beach; go down town to do my shopping, walking both ways, about one and a half miles; go up and down stairs, do all that I need to do, and as I tell my husband, who no longer has to assist me to rise in the morning, the grit of early days is mine again. I wish to have my entire name in print as proof of my gratitude for the recovery which is mine from the use of Viavi, accompanied by the hygienic measures recommended. Will answer any inquiries made.

MRS. W. S.

New London, Conn., Sept. 14, 1897. 20-E. V.

Kidney Trouble, Leucorrhea, Pregnancy, Ulceration; Permaneney of Cure

I feel it a duty I owe to the Viavi Company and humanity to write you a letter of recommendation for the virtue of your treatment. Five years ago I was a great sufferer from and with kidney trouble, leucorrhea, ulceration of the womb and the many reflex symptoms attendant upon these troubles. I treated with physicians and did everything I knew of, to get relief, but failed. Viavi was introduced to me, and I

commenced using it and I can truthfully say that I was cured of all my afflictions by its use, and to-day am not troubled with them, although it is five years since I used Viavi, thus demonstrating the permancy of the cure.

I heartily recommend it to women during pregnancy. I used it during the entire term and had the easiest confinement I ever had. It puts the organs in a healthy condition, and thus they are able to do their proper work.

Wishing you every success, sincerely, MRS. P. A. S.

Ogden, Utah, Dec. 14, 1898. 514-Ut.

Ovarian and Uterine Inflammation, Prolapsus, Tuberculosis Feared Extreme Emaciation

You will no doubt think it strange that I have not written you sooner in reference to my wife. In September, 1892, Mrs. D. was taken ill and confined to her bed. A doctor was called and the trouble was pronounced neuralgia. She suffered a great deal of pain in the region of the lower bowels and the left ovary. She gradually declined for about two and one-half months and at the first of December, 1902, she was but a shadow and her flesh was practically gone. She could not possibly have been more reduced. I gave up all hope of her recovery and the doctor thought there was every indication of tuberculosis. This somewhat alarmed me and I had a consultation of doctors and the trouble was diagnosed as prolapsus and inflammation of the left ovary. This I had suspected from the continued pain in those regions. I was given very little hope of her recovery and an operation was suggested as the probable outcome. She had prolapsus in a marked degree and the womb was fearfully inflamed and as hard as a rock. At about the time of the consultation, Mrs. D.'s mother, who was stopping with us, attended a lecture given by one of your representatives and she encouraged me to try your treatment. After investigating your treatment as far as I was able, I decided to try its effects upon my wife. I may say that your method of treatment appealed to me as a business man or I would probably never have considered the matter. About the first of December, 1902, I requested the doctor not to attend further and I procured a good nurse. Previous to this Mrs. D. had not had a natural movement of the bowels for several weeks and she was suffering great pain and the left ovary and the womb were in a terribly swollen and inflamed condition. Any movement of the bowels was painful in the extreme. After we used the Viavi system of treatment she began passing corruption from the rectum. After this starting of the bowels she had natural and regular movements, each movement for some time being over half corruption. She must have been in a serious condition, and medical men have told me since that had such a condition continued any longer, blood poisoning would have set in. We thought we saw an improvement and when Christmas day arrived she was able to sit up in bed and joyfully cast her eye over the numerous presents sent her. Her recov-

ery, with some drawbacks, was continuous from that time and we noticed that she was slowly gaining flesh. After the New Year she began improving more rapidly and the pus discharged became less and less. By May of this year I considered her as well as ever, though she had not gone around enough to recover all her strength. I have continued the use of Viavi up to the last month (September). She now weighs eight pounds more than she did last summer, before she was taken sick at all. Those who see her are astonished at her appearance, especially those who saw her when she was in bed, and I am asked in wonder, "Was it really Viavi?" I have but one reply to this question and that is, that if it were not Viavi it was not the doctors or drugs as Mrs. D. has had neither medical attendance nor drugs since she began using Viavi. My wife is now entirely well in every particular and has had neither ache or pain for four months. At present she is at her father's home at Bear River and she goes up and down those great hills without becoming in the least tired. Those who have visited that town know what this means.

I wish to express my sincerest gratitude to the Viavi Company for your courteous correspondence and for the benefits conferred on Mrs. D. which are priceless. I wish further to thank your representative at Kentville, for her kindness and encouragement during our severe trial.

I append my name and address to this letter and you are at liberty to use it as you deem proper.

Yours, with best wishes, A. E. D.

Kentville, Nova Scotia, Oct. 14, 1903. 643

Leucorrhea of Fifteen Years' Standing

I have been asked to say what Viavi has done for me. Oh, it has done so much for me! I was wretched, and it has made me feel that life is still worth the living. My trouble was leucorrhea, from which I had suffered for fifteen years. During this time I took medicine upon medicine, iron, quinine, tonics—in fact, there are not many remedies one could mention that I have not tried. This constant drain on my system weakened me so much that I was finally thrown into nervous prostration, and was obliged to give up my work for two years, and when I did resume work I was far from fit for it, and think now I could not have continued it but for the Viavi system of treatment. I heard of it about this time, but thought it was like all the other medicines I had tried, when a friend of mine who had used it said to me that she had investigated its methods before commencing its use, and that it was all that was claimed for it. I knew I had to keep on trying something, so I began its use with many misgivings. As I said, I was far from strong enough to work (being a stenographer, and this work having a tendency to create nervousness.) In fact, when I first began to use it, I would have to go up to Mrs. C's rooms during lunch hour, and lie down and rest. I shall always remember her kindness.

To be brief, I will say the Viavi system of treatment has done more for me than all the medicines and doctors did during fifteen years that I suffered and doctored for this trouble. I still use it occasionally. Many young girls suffer from leucorrhea and painful menstruation. Mothers should not let it run on, as mine did, but use Viavi and be cured, for, surely, some terrible result in the way of sickness will follow unless this is done.

MISS K. B.

Tacoma, Wash., June 4, 1894. 11

Fibroid Tumor

I began the Viavi system of treatment last October. I was feeling very ill, indeed, and could not bear the least exertion. In time I felt that the treatment was taking effect; I did not feel so much "all nerves." Just before the fourth month I began to feel worse, and then I needed constant encouragement.

My husband did not want me to give it up, as he was sure it was doing me so much good.

At this time I passed the first piece of morbid growth (have passed four since), which was examined at the London office, where Dr. W. pronounced it to be fibroid tumor. This corroborated what they told me at one of the large London hospitals, where I went this time last year. An operation was thought too critical, so I made up my mind to be resigned, when Viavi came under my notice.

I cannot be too grateful for the health it has given me. I am sure I feel ten years younger. I can walk now and do my work without fatigue. Life seems worth living, without constant pain and continual backache.

I always recommend Viavi wherever I can.

MRS. C. B.

Ramsgate, Eng., June 15, 1897. 513

Ovaritis, Salpingitis, etc., Castration Advised

The following remarkable correspondence contains so many important things that, long as it is, its publication is deemed advisable. An interesting circumstance in connection with the case is that Mr. B., a man of wide culture and controlling large interests, gave so much publicity to the astonishing facts herein chronicled as to invite a very heavy correspondence with afflicted women and their husbands. He cheerfully met this demand by employing a stenographer at his own expense for a long time, and by diverting much of his attention from his affairs to what was to him a most agreeable duty:

I consider it my duty to write you to let you know how my wife is, as I feel that it is due to your wonderful specific, Viavi, that she is restored from

an invalid to a comparatively well woman. Before I state how she is at this time, I desire to call your attention to her condition on the 15th of January, at which time she began using Viavi.

She has had, during the past eighteen months, two serious attacks. One was called peritonitis and the other cellulitis. The temperature in neither case was raised beyond half a degree. The pain which she suffered was excruciating. The first attack, which occurred a year ago last June, lasted about eight weeks, and during all the time it was necessary to keep her under the influence of opium. At one time, under the doctor's direction, I gave her with my own hand sixty drops of deodorized tincture of opium. This dose is enough to kill a strong man in perfect health. The inflammation and suffering were finally, after a painful, continuous effort, reduced so that with shattered health, my wife again began to take her place in society. Until last August she did not have more than six or seven sick spells in which she was obliged to remain in bed, but during all the time she experienced violent pain in the right side and in the back, and showed that her nervous system was seriously disturbed, so that at times she would have what were called "numb spells," during which she seemed to lose control of her hands and facial nerves and to be nearly paralyzed.

Toward the last of this past summer these spells were more frequent and distressing and longer continued, until last August she had the second serious illness, during which she was kept under the influence of opiates, particularly morphine by hypodermic injections, until I greatly feared her contracting what is known as the opium habit, and until she was almost a mental and nervous wreck. In fact, the attending physician hurried her out of this climate, because, as he afterward confessed to me, he anticipated a case of nervous prostration.

I took her East to the family of a very skillful physician, and after consultation with him and considering the fact that many of the ordinary symptoms of cellulitis and peritonitis, such as rise of temperature, etc., were absent in her case, I determined to take her to St. Louis and have the expert opinions of Dr. ——— and Dr. ———.

These gentlemen, I am informed, have been for many years, and now are, at the head of their profession in the West for diseases peculiar to women, and I therefore had them come to the hotel, intending to have them come together for the purpose of making an examination to ascertain what ailed my wife. It happened that these physicians could not come to the hotel together, and were obliged to make their examinations and give their opinions independently of each other. They both said there were indications which caused them to fear an abdominal tumor, but stated that they could not give a perfectly accurate opinion without placing the patient under the influence of an anesthetic. Accordingly, the next morning Dr. ——— and an

assistant placed my wife under the influence of ether, and made a very careful, prolonged and painful examination, and did not hestitate to say that it was no tumor, but that her condition was exactly what Dr. ——— had said was the case upon the previous afternoon, to wit, a severe inflammation of the right ovary, with what they called extra-tubal inflammation; that as long as the inflammation was extra-tubal it could be cured by local treatment, but that if not cured by local treatment within a reasonable time, say two months, nothing would cure it but the operation known as ovariotomy. This, you are aware, is a very dangerous, very painful and serious operation from every point of view.

The doctors recommended a course of local treatment, which, after our return to Denver, I faithfully pursued by means of our physicians here, who are among the best in the city. We returned to Denver about November 1st and immediately began the method of treatment prescribed by the St. Louis physicians. We found that my wife grew steadily worse, until she was unable to receive a caller, was unable to sit up more than an hour and a half a day, took cold upon the slightest provocation, and was rapidly sinking into a condition of invalidism, from which we never expected that she could rally. Perhaps I should add that during all of this time—I mean during the whole eighteen months last past, and especially since August—she had been obliged to depend upon the use of some narcotic, such as somnal or sulphonal, to induce sleep, and especially toward the 1st of January, as the direct result of the treatment recommended by the St. Louis physicians, which consisted of the local application of aristol, which you know to be a powder, of which the essential ingredient is iodine, together with iodine tincture for the purpose of blistering, and also blistering fluid of cantharides. I say that as a direct result of all these about January 1st she had a case of pruritus, which I verily believe to have been a case of iodine poisoning. The physicians could control this annoying and very trying inflammation only by an application of ointment composed of thirty-six grains of cocaine and thirty grains of morphine. This ointment temporarily controlled the inflammation, but produced distressing results because of its narcotic and poisonous properties being absorbed into the system and producing semi-stupefaction.

It was then, at a time when we had about despaired of receiving any further benefit from the prescriptions or the use of drugs, when we considered the operation above referred to as absolutely essential and unavoidable, that my wife decided to use Viavi. I confess that I was then very unwilling to allow her to try any such experiment, as at that time I had expended more than $1500 in money during the eighteen months referred to, in the employment of the best surgical skill in the United States, and in the use of the most approved medicines and appliances known to the profession in that regard. I considered that if celebrated physicians, who made such cases a specialty,

could produce no effective cure, an untried and to me an unknown agency could do nothing. You cannot blame me, then, when I say that I did not believe your Viavi would produce any result beyond the mere effect produced by hopefulness and imagination. To gratify my wife, and in order that I might not leave untried any means, however slender, I at last consented for her to make a trial. You will recollect that I did not, however, allow Viavi to be used until I had seen one person, at least, who had been benefited thereby. The conference which my wife had with Mrs. ——— of this city, whose condition at one time seems to have been nearly identical with my wife's, gave me slight faith, and it was the turning point which induced me to be willing to waive my objection and make the trial.

The first of Viavi was used on January 15th, and beginning with the next day, my wife insisted that she was materially improved. I laughed at it, and was unwilling to admit that there was any improvement until two weeks had elapsed. About this time we learned of the effect this agency had produced in the case of Miss W., sister of Mrs. L., whose husband was formerly County Treasurer of ——— County, in this State, and who now resides at ——— avenue, in this city. We learned that Miss W. was in a similar condition as above stated, and that she had employed a physician of some celebrity in ———, where she was then residing, to treat her case. The result had been substantially the same as in my wife's case. She had written to her sister, Mrs. L., giving a statement of the doctor's opinion and asking her advice. In reply to this, Mrs. L. sent to her sister in ——— a box of your grand Viavi, which truly in her case has become the "way to health."

The above facts were related to me by you, but I was in a skeptical mood, and I am ashamed to say that I thought you had been imposed upon, for you showed me a letter written by this physician to Mrs. L., giving his exact opinion of her sister's condition, and stating that the above-mentioned operation [removal of her ovaries—castration] would be the only thing which could be successful in her case. You further stated that on receipt of this letter, Mrs. L. had sent this treatment to her sister, who had used it and been already benefited, so much so that she was in the act of having wearing apparel made (having been unable to do anything of the kind for over two years), with the intent of making a trip to visit her sister, Mrs. L.

I did not believe that a serious case of the kind represented in the letter of this physician to Mrs. L. could possibly be benefited much or improved in any great degree in the short time during which Viavi had been used by Miss W. I thought I would therefore obtain this doctor's address and write him a letter stating the exact facts with reference to my wife, and asking his honest opinion, also referring to Miss W. in such a way that he would have to say to me that he had written to Mrs. L. I preserved a copy of my letter to this doctor; it is as follows:

Dear Sir:—A letter from yourself to Mrs. L., of ——— avenue, this city, has been shown me, and having a wife that seems troubled with the same things that seem from your letter to ail Mrs. L.'s sister, of whom you wrote to her on Jan. 7th, I write to ask you further of the lady's case, that I may learn from it what to expect for my wife. I am a stranger to you, it is true, but am attracted by the tone of your letter and think from it that you are an honest man who is not afraid to tell the truth.

My wife has for eleven years been troubled with a persistent inflammation of uterus, and chronic ulceration, etc. She has submitted to local treatment with iodine, iodoform and aristol on cotton, applied by the best surgeons and doctors, and although temporarily benefited, she has received nothing in the way of permanent cure. For several years, probably seven, she has had a bad pain over the right ovary, especially at monthly periods, having had to rely upon hypodermics of morphine, etc., for relief at such times—so much so, that I have greatly feared her contracting that terrible habit; but so far she each time recovers, and seems to abhor it. She has had one or two bad sick turns within two years, called by the doctors peritonitis and cellulitis, etc., but in each case her temperature was only one-half degree above normal, and the pains were neuralgic.

Now, doctor, it seems to me that her case, if curable by local treatments, would have yielded long ago. Tell me, is it not a fact, perhaps one of the secrets of your profession, that such cases cannot be cured by any local treatment, only palliated, and is it not true that the only radical, certain cure is to remove the ovaries? Does a cervix slightly ruptured ever get well without an operation? Could the above arise only from ruptured cervix?

I wish you would write me a frank letter and especially tell me more of that lady's case, as by that I can see how badly off my wife is. What would be your charge for an operation of the kind shown in your letter to Mrs. L.? How long would it take her to recover, and what is the percentage of deaths from the operation? I am asking a good deal of your time to ask you to answer all of these questions, but if you can show me a way to get my wife thoroughly well, I am ready for almost anything. Would you prefer coming to Denver for such an operation, or should the patient be brought to you? Your early answer will greatly oblige,

Yours very truly, S. H. B.

January 27, 1891.

In answer to this letter I received the following very honest and gentlemanly reply:

Dear Sir:—Your very kind and appreciative letter was received this A. M. I feel complimented indeed at receiving such a letter from one who knows nothing of me. My aim has been to make a reputation on just these grounds, viz., frankness and honest opinion, backed by a good preparation and

experience. It is too true that many cases are retained and subjected to local treatment, in many cases through ignorance, and others for the money there is in it.

Making a specialty of these things, I naturally try to get at what cures and I find that very little local treatment suffices where it can be of any use at all, and that most chronic female troubles, such as fall into my hands, require for their cure operative intervention. No greater proof need be asked than you have in the case of your wife. She has received, doubtless, the orthodox treatment, in many cases through ignorance, and others for the money there more than likely correct when you assume that the ovaries have to come out. I could give no absolute opinion without seeing her.

In regard to Mrs. L.'s sister, she has had nothing done as yet, nor is she coming to the office. I advised her that in my opinion it was a waste of time and money to go on, though I presume I could do as much for her locally as any one could. I have operated for like troubles in the past twelve months, I suppose twelve or fifteen times, thus far successfully in all save one, a last-resort case where no hope existed. The mortality now ranges from two to five per cent, in the hands of competent operators. I presume your wife has chronic ovaritis, and possibly some tubal trouble as well. She has had acute attacks engrafted upon old centers of trouble. The peritoneum, having been repeatedly inflamed, became tolerant to these attacks; hence you get no rise of temperature. I have now under observation such a case, on whom I shall operate next month. I operate Monday on a case of chronic ovaritis complicated with prolapse of the ovary and adhesions. I operated a week ago last Sunday on a lady, an invalid of seven years' standing. She had a fistula running from vagina to left ovary, which was entirely gone; tube two inches in diameter. She has not had a bad symptom; sits up to-day.

Radical measures are the only satisfactory means after due effort has been dedicated to their relief by other means. A cervix slightly ruptured may get well without operation. Some which heal require operation for the relief of reflex nervous disturbances. Inflammation beginning in a lacerated cervix frequently travels up through the uterus and Fallopian tubes to the ovaries and peritoneal surfaces, etc. Mrs. L.'s sister has chronically enlarged ovaries, suffers pain almost constantly and is exceedingly nervous and thin, and is growing old from suffering. To remove them would give her a new lease on life and its pleasures, such as she cannot get now. I cannot, nor can any man, insure success, but the general result is good.

The cost of such operations to those who can pay is from $300 to $500, according to the character and complications, etc. Three to four weeks is sufficient time for a patient to be able to leave the hospital. I should be hardly able to go to Denver for anything like a reasonable consideration, as I have other cases under my care constantly. It would be better to come to ——.

I operate in the ——— Hospital or private houses. I have at present no private hospital. Hope to have in the not very distant future.

I trust I have answered satisfactorily your letter, though but partially. Had I an opportunity of talking with you I could probably more easily satisfy you. I should be pleased to serve you if you should conclude to send Mrs. B. to ———. I don't know what Mrs. L.'s sister is going to do. I know what she must do to get perfectly well.

With regards to Mrs. L., I am, most respectfully,

——— ———, January 29, 1891. Yours, etc., ——— ———.

P. S.—Let me hear from you again what you conclude, etc. If I can give you any further light, write.

The sequel to this somewhat lengthy story is that immediately after writing the above letter to me, it is evident that Dr. —— began to think of his patient, Miss W., and one night about that time he took occasion to call and see what had become of his former patient, who, he says in this letter, is "not coming to his office." Much to his astonishment, and possibly chagrin, he discovered that Miss W., who had long been almost a bedridden invalid, was at the time of his call out to an evening party. A reception had been given in her honor by her church friends, as she was about to start for Denver to visit her sister, Mrs. L. This information was a great surprise to the doctor, but it was exceeded by the surprise he experienced when, before Miss W. left ——, she went into the doctor's office and told him that she had been using Viavi and was very much improved, which, after an examination made at his request, the doctor stated was indeed the fact, inexplicable as it seemed to him. By this time my wife's friends had to admit that she was making a substantial improvement. I confess that I think the hot baths which were given to her in connection with the Viavi did much to hasten the results; it rapidly reduced the pain and caused her to sleep all night without any narcotic, nor has she used the narcotic or opiate or any other medicine of any kind or description since January 15th. I confess that I have been somewhat frightened when I have realized that she, a person whom we regarded as almost a helpless invalid, had stepped off from the original lines of treatment at the hands of skillful physicians and was refusing to take any remedy, and was relying for her recovery upon a mysterious thing, the history and character of which I did not understand. This was especially emphasized when she took a serious bronchial cold, which has always heretofore either made her sick in bed or been broken up by administering doses of powders and quinine. The cold, however, was broken up completely inside of thirty-six hours by the mere application of hot and cold water. And now this is my wife's present condition:

She is able to sit up all day. She usually comes down town with me to the office in the morning, does some little shopping, goes home in time for

lunch, and if the weather is pleasant comes down in the afternoon or goes out and makes a call. She has not yet been out in the evening, but intends to go with me to-night for the first time since August 5th. My wife is not completely well; she is, however, better than I have known her at any time during the past two years. The opium and morphine with which she has been drugged, the iodine and other preparations which have been used, are being driven out of her system. Her eyes are bright, her manner is vivacious, and she is certainly regaining her former excellent spirits and good health.

I have written you a long letter, for which I hope you will pardon me; but feeling, as I do, a personal obligation for having been the indirect means of my wife's restoration, I have taken the liberty of making this full statement, in the hope that it may be an encouragement to you in your work, and may possibly be the means of causing other ones to turn to you for relief. I shall esteem it a privilege to answer any letter which may be written to me upon the above subject, and hope that I shall hear of your large success in benefiting suffering humanity.

I am, yours very truly, S. H. B.

Feb. 17, 1891. 277-278-Col.

A LETTER FROM THE WIFE.

Before Miss ——— went away I promised her that I would write you about my improved condition; but as Mr. B. has written you, I have neglected to do my own writing, as I promised.

I wish you could call upon me now. I would not receive you in a wrapper, and entertain you as poorly as I did when you were here last spring. I have a constant feeling of gratitude in my heart, as I think of the depths of misery from which Viavi has raised me. I am now able again to take my place in society, in the church and at home.

I walked home from down town yesterday, after doing considerable walking around while in the city. If you remember, we live on the hill, so I had to climb. I walked thirty-one blocks in all. I have never walked up from down town before, since I have lived in Denver. I walked with so much ease that I could not help thinking of how I had said, when riding with Mr. B. less than a year ago and seeing the people jostle one another in the crowd, "I shall never again walk these streets." The terrible Then, with hope nearly gone! The glorious Now, full of life, joy, work, hope! It seems almost too good to be true. My husband often says, "Little short of a miracle." I want to say that your words, which you doubtless soon forget, but which have encouraged me wonderfully, are coming true. I said to you, "If I can only get rid of this pain in my side!" You replied, "I know it will leave you. Little by little it will go, until some day you will find it is not there." I *seldom* have the pain now, except when I walk too fast. All bloating has left

me, and my flesh is hard like a child's. Mr. B. says I am turning to stone. Not my heart—no, never.

Another favor: Will you please send me three or four more testimonials like the one you sent in the box? There are some remarkable statements there. I could use a few copies to advantage. With warmest regards,

Yours sincerely, A. E. B.

Denver, Colo., Oct. 18, 1891. 147-Col.

Ovarian Tumors, Uterine Polypi, Hemorrhages, Rectal Tumors

I have been thinking for some time of writing to you in regard to my experience with Viavi. I think you will remember that I was relieved of what the doctors said was ovarian tumors and polypoid growths in the uterus, while we were living in Oakland, Cal., in the year 1892, but in case you may have forgotten the circumstances I will say that I had not been well for seventeen years, my poor health beginning with that "stealthy foe," leucorrhea, shortly after the birth of my first and only child. During these seventeen years I was continually going down step by step, from bad to worse, until the above-mentioned tumors developed. Hemorrhages set in, some so severe as to reduce my strength until I was unable to turn over in bed without help or to speak above a whisper. My size was immense, I being bloated from head to foot to about twice my normal size.

When I began to grow large the doctors told me I was pregnant, and when the hemorrhages began they said it was a case of placenta previa. After keeping me waiting between ten and eleven months they made a final examination and told me they were mistaken about its being a case of pregnancy, that I had ovarian tumors and growths of some kind in the uterus filling it to about the size of a full-term pregnancy, and that it was necessary to have an operation at once, as time was valuable, if I would save my life.

With my seventeen years' experience with doctors, and especially that of the last few months, I had about lost faith in their skill to cure; but there I was in the jaws of death, and to whom else could I go for relief? It was hard for me to make up my mind to give up my poor, diseased, bloated body to them, knowing they would plunge in the knife and cut out the diseased parts, and that if I lived through the operation I should probably be an invalid the remainder of my life. Sometimes death seemed preferable.

In this condition I heard of Viavi and began its use, the doctors protesting, saying it could do me no possible good. After using the Viavi treatment I found that the bloat was going down and that I was beginning to feel better in every way. I was getting along nicely when the representatives advised me to use double doses of Viavi, which proved to be too much in my case, for it forced the superfluous matter through my system faster than it

could be thrown off through the excretory organs, making me sick at the stomach; the perspiration was thick as syrup, the urine thick and ropy; my skin looked like tanned leather, so much so that my friends said I resembled an Egyptian mummy; a substance resembling yellow corn meal gathered in large quantities in my mouth about the roots of the tongue and gums, which was very annoying for some weeks; and in the midst of it all I took a heavy cold, which brought on an attack of peritonitis, I being susceptible to that disease, having had it before. I came very near going over the "Great Divide," but with the care of a skillful physician and faithful nurse I managed to pull through, using the Viavi treatment all the time, with the exception of about one week when I was at the worst with peritonitis, but using only the prescribed dose.

In time the first polypus growths began to come from the uterus. I never knew how many, for they were passing for weeks, often two or three at a time; then chunks resembling liver passed from the vagina, some large, some small, and seemed to come from the left side, in the region of the ovaries. The growth in the right side was much larger than the one in the left, and seemed to become detached from the membrane, and lay a heavy lump in my side until suppuration took place and it came away in the form of pus, burrowing through to the rectum and discharging in that way, some coming through the vagina. I was confined to my bed during this time, and the doctor and nurse say that more than a quart of pus discharged, most of it being thick and heavy.

This was about six months after I began the use of Viavi, but I did not use it any to speak of after the discharge of pus ceased, thinking I was cured. My health improved rapidly, and in about a year, I felt as well as I ever did in my life. In about one year from the time I stopped using Viavi I learned my mistake in giving it up too soon. I had been advised to use it a year or more, and I used it only a little over six months. While I was still feeling perfectly well hard lumps about the size of a walnut and about as hard appeared on my limbs and some parts of my body, and after a while they would become inflamed and painful. I went to my physician again and was told that Viavi had surely poisoned my blood, and that if I could keep them from bursting she would try to get it out of my system, saying at the same time that if I once let them open and discharge they would probably be running sores as long as I should live. I took quarts of medicine for my blood, all the time keeping applications on these lumps, trying to scatter them. I kept this up for about two years, when I found that there was some difficulty in the rectum, and went to Dr. ——, of Los Angeles, Cal., and had her make an examination. She told me she could see five or six hemorrhoids or tumors, and she did not know how many more were there, as it hurt me so badly that I could not have her make a further examination. At the same time she made

a vaginal examination and found a tumor of considerable size at or near the mouth of the uterus.

Then I was in trouble again. She wanted me to have an operation performed, but I told her my experience with Viavi, how it had removed the tumors before, and that I would give it another trial, for I felt sure it would remove the tumors anyway. I started in with the rectal treatment and cerate, as the rectal trouble was giving me the most inconvenience, and when that was overcome I began with the uterine treatment and followed the directions in every particular.

I used the uterine capsules about six months, when I had another examination made, this time by Dr. ——, of Philadelphia. She told me that the vaginal tumor was then about as large as a good-sized apple and about as hard. In about three months more I had her make another examination, and she said it was about all gone; that in the place where the tumor had been there was a spot about as large as a dollar, but soft and flat. I used Viavi three months more, and now I hope I am done with tumors. I feel strong and well.

Now I want to tell you about those lumps. When I had used Viavi three or four months I noticed they were getting smaller and that no new ones were forming, but my body was literally covered with little boils about the size of a large pea. They would spring up and ripen in a few hours, with a yellow spot in the center and inflamed around the base; some would burst of their own accord, and others I opened with the point of a needle; a few drops of thick, yellow matter would be discharged, and then they would soon heal up, leaving a pit. These boils lasted three or four months and then gradually disappeared. My body in some places looked as if I had had smallpox.

It is now six or seven months since I saw the last of the boils, being entirely free from them or eruptions of any kind—not so much as a pimple—and my blood seems to be in excellent condition. I am often told that I look the picture of health, and physically I think I feel as well as any one in mortal clay can feel at my age. From the two-fold experience I have had with the Viavi treatment I think I can truly say they are wonderful, doing all that is claimed for them to do and often more. I know Viavi has saved me from the operating table twice, and I feel confident that had I used it a reasonable length of time at first, I should not have had the second experience. I join in the chorus of thousands of grateful women who are shouting, "Praise God for Viavi!" Yours truly, Mrs. T. L. A.

Cleveland, Ohio, Dec. 1, 1897. 246-Cal.

FROM EMINENT THINKERS

In response to a request that eminent thinkers should express their views concerning the necessity of a higher physical life for women, and not to secure an opinion of the merits of the Viavi system of treatment, one thousand leaders of thought sent contributions, five hundred of which were published in THE VIAVI CAUSE of January 1, 1897. Following are extracts from some of those contributions. They express the best thoughts of the best minds on the urgent need of something that will raise women from their present condition to one of health and strength. We believe that the Viavi system of education and treatment meets this need perfectly.

J. G. Shurman, President Cornell University, Ithaca, N. Y. —Sound physical health is necessary alike to men and women for the attainment of that right thinking, right feeling and right willing which are the culmination of culture.

John R. Kirk, State Superintendent of Schools of Missouri. —Any rational movement for the physical education of women will have my hearty support.

Frances E. Willard. —A stream cannot rise higher than its fountain, and no race of men and women can ever achieve true freedom and helpful loyalty to one another until the mothers of the race conserve their forces for that sacred function which lifts them to a higher plane than any other beings as yet discovered on this planet.

Thomas B. Noss, Principal of the Pennsylvania State Normal School.—No attempt to enrich the bodily and spiritual life of a people will succeed that does not reckon first of all with the mother.

Karl G. Maeser, Superintendent L. D. S. Church Schools, Salt Lake.—All efforts toward the physical improvement of the female sex must be hailed with unqualified joy and receive the heartiest co-operation of every lover of the human family.

David Starr Jordan, President Leland Stanford Jr. University, California.—The normal life of a woman is given to the service of others. Her relations to the race are such that her own weakness and ineffectiveness repeat themselves in the broken lives of those who are dependent on her.

Benjamin F. Clarke, Acting President of Brown University, Providence, R. I.—Allow me to say that I am deeply interested in your work.

Heber M. Wells, Governor of Utah.—A healthy mother, like a good tree, bringeth forth good fruit. Decrepit children are like withered apples on a branch—they fall unnoticed.

Maxine Elliott, actress.—Every thinking person knows that the powers of the mind, the evenness of the disposition and the powers of endurance all depend upon the state of our physical frames.

Samuel R. Shipley, President Provident Life and Trust Co., Philadelphia.—Every parent must desire that his children who are to come after him may realize perfect well-being. If woman is imperfect, so man will be.

N. S. Huntington, President Dartmouth Savings Bank, Hanover, N. H.—That the success or failure of boys and girls depends largely upon the physical and moral condition of the mother, no person of years and experience can for a moment doubt.

John F. Dryden, President Prudential Insurance Company of America.—If the mother of the race possess not the all-important blessing of perfect health, she is debarred from properly fulfilling the great function assigned to her exclusively by the Creator.

Rabbi William Rosenau, Baltimore.—Much, if not most of the suffering, bodily and spiritual, may be traced to the neglect of woman's proper development.

Janauschek.—It seems not only a duty, but a pleasure, to give my hearty co-operation to any movement that looks to such an end.

F. W. Gunsaulus, President Armour Institute of Technology, Chicago.—There can be no question but that the mental and spiritual forces of the women of the future will grow more fine and effective for civilization as her physical condition improves.

Lillie Devereux Blake, President of the Women's Suffrage Association at Large.—The emancipation of spirit and body must go hand in hand.

Emma F. Pettingill, Department of Public Instruction, Brooklyn, N. Y.—Oh, the luxury of physical health and freedom!

Lillian M. Hollister, Commander of Ladies of Maccabees of the World.—If a woman is irritable and nervous, the children are more or less so, and they soon come to learn a sort of studied restraint and depression that are felt by all who associate together in the home.

W. H. Cheever, State Institute Conductor, Milwaukee.—I say a hearty word of approval for all efforts to make better the health of women in general and teachers in particular.

Maggie A. Rust, President Woman's Relief Corp, Department of Texas.—The strongest tendency of the age—woman's age—is toward a higher physical life, thereby insuring nobler manhood and womanhood for future generations.

Edward Brooks, Superintendent of Schools, Philadelphia—I heartily approve your movement—one that tends to infuse new life into society, the sweet, pure life of body and spirit.

Mary Towne Burt, President Women's Christian Temperance Union of New York City.—The coming century holds promise of no greater blessing than woman attaining her highest physical life, and using her powers, spiritual and intellectual, for the good of humanity.

M. Babcock, Superintendent of Schools, San Francisco, Cal.—The first duty, it seems to me, of woman is to be a good animal; being a good animal, she is intellectually and morally broader and deeper than she can be if her physical nature is not in proper tune.

Mrs. J. C. Croly, General Federation of Women's Clubs, New York.—It is not specialized "culture" that we need so much as good natural conditions, and the habit of obedience to healthful, natural laws.

Robert J. Burdette.—The house which a woman makes a little paradise should be her home, not her jail.

Grace E. Dennison, writer ("Lady Gay"), Toronto, Canada.—Especially are women sensitive to physical conditions; therefore, how to be healthy and keep healthy is worth the most earnest study and discipline.

Samuel Greenfield, Editor "Jewish Criterion," New York.—A higher physical life for woman implies all that a sacred trust conveys, the confidence reposed in her by the Creator.

Henry P. Corbett, State Superintendent of Instruction, Lincoln, Neb.—Permit me to express my entire sympathy with all wise and well-directed efforts to disseminate such knowledge among women as will result in a higher standard of physical life for them.

Rev. A. J. Wells, Second Unitarian Church, San Francisco,

Cal. —A new era of sense has dawned and "female complaints" begin to be looked upon as sins against beneficent Nature.

C. P. Huntington, President Southern Pacific Company.—There used to be an ideal, which seemed lofty enough, and it was the bringing up of children in the way they should go. The foundation upon which they should be brought up is health, and the foundation of that health lies in the good common sense and reasonableness of the life lived by the mothers.

Sol Smith Russell (actor).—If you can improve or invent any new system, or encourage in any way the development of good women, that is, specimen women, like my wife and mother, healthy, moral, splendid women, you may engage my heartiest interest and sympathy.

W. W. Pendergast, Department of Public Instruction, St. Paul, Minn.—You may be assured of my hearty sympathy in the good work you have undertaken.

Prof. William Alexander, Presbyterian Theological Seminary, Cal. —Woman, in a normal condition, is the most symmetrical and beautiful of the Creator's works.

George W. F. Price, D. D., President Nashville College for Young Ladies.—Physical life is the substratum which underlies and conditions the intellectual and spiritual life.

Robert W. Douthat, West Virginia University.—Why are not all our women perfect? Simply because physical education has been neglected and the powers and possibilities of the lives of our girls have never been seriously considered.

Mrs. Homer Hill, Editor "Washington Women," Seattle.—Nearly every woman is handicapped in the care of her family or in whatever work she is engaged by disease.

Rev. Charles Carroll Everett, Professor Harvard University.—Consider how changed would be the life of the world if a single generation could all be born of healthy mothers and nurtured by the same—if three generations could have such care and nurture!

Dr. C. E. Nash, President Lombard University, Galesburg, Ill.—Without a sound physical basis, wifehood, motherhood, womanhood, can be only a ceaseless struggle.

Joseph W. Mauch, President State University of South Dakota. —Feminine graces cannot be best cultivated apart from a healthy, vigorous body.

W. W. Smith, Randolph-Macon College, Lynchburg, Va.—Is it too much to say that one-half of the divorces from incompatibility have their origin in the almost universal unhealthiness of women?

Mrs. Benjamin F. Taylor, Board of Education Cleveland, Ohio.—For the sake of unborn generations, the girls of to-day should be taught that disease is contemptible, that health is power, that physical perfection means beauty, grace and amiability. Women cannot be amiable when suffering tortures of pain known only to their sex. Divorce courts would lose half their cases were women educated in the direction of vigorous health, and to know themselves.

Rev. Earl Morse Wilbur, Portland, Oregon.—There are glorious examples, to be sure, of invalids who lived sweetest and most helpful lives; but greater beyond comparison is the number of those whose moral and spiritual natures have been dwarfed or perverted by weakness that was first physical.

Rev. Thomas Dawes, Brewster, Mass.—The child has reason to thank God for the competent and wholesome constitution of the mother.

Ida K. Hinds.—Hundreds and thousands of men and women might be developed, a blessing to themselves, to their parents and to the world, if mothers only understood themselves, their responsibilities, their possibilities, and would learn to make themselves physically capable of becoming the mothers of a great and beautiful race.

J. J. Morse, London, England.—Healthy maids, wives and mothers are the foundation, glory and crown of a nation's progress and civilization.

Sir Henry Irving.—I fully agree with you as to the importance of physical culture for women.

William R. Harper, President University of Chicago.—Every thoughtful human being realizes the truth of the sentiment of Browning: "Thy body at its best, how far can that project thy soul on its lone way?"

Right Rev. T. Heslin, Bishop of Natchez.—For man or woman I cannot conceive of a higher life than that pointed out by the Holy Spirit: "Fear God and keep His commandments, for this is all man."

Alice Stone Blackwell.—It would be hard to overestimate the good that would be done by intelligent and systematic effort to promote better health among women.

William A. Fricke, Commissioner of Insurance, Wisconsin.—A woman physically and mentally healthy has almost absolute control as to the character, disposition and inclination of her offspring.

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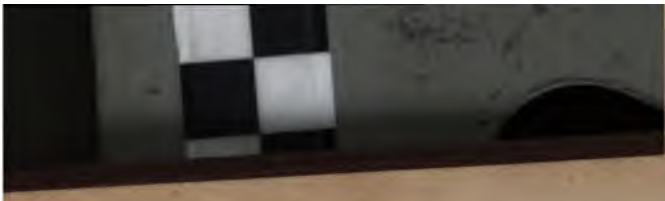

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